

Briefs . . .

CPAC available to assist

The Civilian Personnel Advisory Center is available to address general or specific questions or problems employees may have related to pay, leave, ratings, awards, where to locate specific regulations and a variety of other general information. CPAC employees have quick access to records and can provide a speedy resolution to inquiries. For more information, call CPAC at 221-1425.

Back to school party

Lincoln Military Housing will host a “Back to School Party” Tuesday from 2 to 4 p.m. at Salado Creek Park. Children from all villages are welcome to attend. Ice cream and back to school goodie bags with school supplies will be available to participants. For more information, call LMH at 270-7638.

Overseas orientation

The Relocation Assistance Program will conduct an overseas orientation Wednesday at 10 a.m. and 5 p.m. at the Roadrunner Community Center, Building 2797, on Stanley Road. The orientation is targeted to destinations such as Korea, Germany, Japan and Italy, and will include entitlements, reimbursements, household goods shipments, employment, education and reunion tours. For reservations or to schedule an orientation at a different time, call 221-2418.

OCSC coffee

The Officer and Civilian Spouses’ Club will host a Welcome and Sign-up Coffee Aug. 22 from 10 a.m. to 1 p.m. at the Army Medical Department Museum, Building 1046, on the corner of Harry Wurzbach and Stanley roads. For more information, call Darlene Weber at 277-6624.

Camp Bullis conference

Camp Bullis will sponsor a Users Conference Aug. 24; registration starts at 7:30 a.m. at the Camp Bullis Theater, Building 5900. The conference will be held from 8 a.m. to 4:30 p.m. with presentations in the morning and classes and a bus tour in the afternoon. Presentations include range control, safety, scheduling and operations. Outdoor Recreation will host a lunch from 11:30 a.m. to 1 p.m.; the cost is \$3.50. For more information and reservations, call Ronald Lane at 295-7592 or Pat Jennings at 295-7686.

Women’s Equality Day ceremony

A Women’s Equality Day ceremony will be held Aug. 24 from 10 to 11 a.m. at the Roadrunner Community Center. The guest speaker will be Col. Doris Johnson, chief of clinical operations at Brooke Army Medical Center. For more information, call Sgt. 1st Class Evans at 295-0561 or 336-4993.

Inside . . .

From the Top	2
Sports	6
Religion	11
School	13-20
MWR	21
Child and Youth Services . .	21
Fort Freebies	22



Photo by Lionel Lowery III

Countdown to school

Cindy Kautz, Fort Sam Houston Elementary School teacher, hangs a math chart as she prepares her fourth-grade classroom for the new school year, which starts Aug. 14. The chart is used as a tool to teach counting skills. For the latest school information, including schedules and admission requirements, see the “Back to School” insert on Pages 13 to 20.

Cook takes command of 32nd Medical Brigade

By Elaine Wilson
Fort Sam Houston Public Information Office

After two years in the most “challenging and rewarding” assignment of his career, Col. Bradley Freeman relinquished command of the 32nd Medical Brigade to Col. John Cook Friday during a change of command ceremony at MacArthur Parade Field.

“I’m proud of this unit and am proud to entrust it to you,” Freeman said to Cook shortly after the ceremonial transfer of the brigade colors.

Under Freeman’s command, the 32nd

Medical Brigade trained about 45,000 Soldiers in a variety of medical specialties. The brigade also transformed from two battalions to three, merging instructors and students to create a more conducive military and learning environment.

Additionally, the brigade met retention goals three months early, a “direct reflection of the NCOs and the command climate of the brigade,” said Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center and School, and host for the ceremony.

Czerw praised Freeman’s leadership of

the “largest training brigade in the Army,” calling him a “superlative trainer.”

Czerw also thanked Freeman’s wife, retired Col. Doris Henderson, for her outstanding support. “Your steadfast support has provided a consummate command climate,” he said.

Although he bid farewell to his brigade command, he does not have far to travel for his new assignment as the next chief of the military personnel division at U.S. Army Medical Command at Fort Sam Houston.

See **COOK** on Page 4

GPRMC, BAMC net big rewards for patient care

By Nelia Schrum
Brooke Army Medical Center Public Affairs

With Army hospital budgets tight, the Great Plains Regional Medical Command and Brooke Army Medical Center received good news from the Army’s surgeon general, taking home nearly \$10 million in incentive awards.

GPRMC was awarded \$6.9 million for Sustained Regional Workload Improvement for the 10 regional facilities. BAMC netted \$2.6 million for Jump Start Sustainment, \$300,000 as an outpatient performance award and \$107,000 for the Evidence Based Medicine Performance Award. The awards were presented at the July Association of United States Army Medical Symposium in San Antonio.

“Lt. Gen. (Kevin) Kiley recognized hospitals for achieving

performance objectives related to his goal of increasing the amount of health care delivered within our Army hospitals,” said Lt. Col. Mark Cronk, director of Program and Budget Division at the Army Medical Command.

Cronk said the basic premise is that when health care is delivered within military hospitals, there is a resulting cost savings. Referring patients to the TRICARE network is more costly.

“Increasing the care delivered in our military hospitals is a strategic objective,” said Brig. Gen. James Gilman, the commander of GPRMC and BAMC, adding that the checks for hard work recognized the region’s commitment to save the Army valuable health care dollars, while at the same time provide patients with “top-notch care.”

See **GPRMC** on Page 4

Chief of staff addresses readiness, wartime finances

The following is a statement from Chief of Staff of the Army Gen. Peter J. Schoomaker, in light of recent statements about the U.S. Army’s readiness and financial situation during war:

“Recently, there have been several public statements about the readiness of the U.S. Army. The Army has been at war for close to five years now and I am extremely proud of all of our Soldiers, civilians and families.

“We have asked a lot of them, from repetitive combat tours, to transforming the Army, to expanding our training

base, to resetting our combat equipment. Simply put, this is the finest Army this nation has ever put into combat. Our Soldiers’ collective efforts have been magnificent.

“I have testified to the facts about our readiness and I remain concerned about the serious demands we face. During my recent House Armed Services Committee testimony I made clear that the Army needed four things to address our readiness: timely passage of a Defense Bill, growth of the Army’s Base Budget, \$17.1 billion in supplemental funding for the Army’s reset in fiscal year

2007, and \$12 to 13 billion a year for two to three years following this conflict to reset the Army if we remain at the current level of consumption.

“The Army and the Defense Department staff are addressing these issues. The president, the secretary of defense and the Congress have worked very closely with the secretary of the Army and me in the past, and I am confident we will have a way to meet the many challenges that lie ahead during these dangerous times.”

(Source: Army news release)

Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The



editorial content of this publication is the responsibility of the director of public affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Prime Time, Inc., The Herald Newspaper Group of the product or services advertised. Stories and photos for publication consideration may be e-mailed to news.leader@samhouston.army.mil or turned in on a disc accompanied by hard copy, by noon Monday.

**Army Medical Department
Center and School and
Fort Sam Houston Commander**
Maj. Gen. Russell Czerw
Garrison Commander
Col. Wendy Martinson
Public Affairs Officer
Phillip Reidinger
Public Information Officer
Yolanda Hagberg
Editor/Writer
Elaine Wilson
Staff Writer
Cheryl Harrison
Layout Artist
Lori Newman

Medic completes trek to become Army doc

Story and photo by Mina Mullins
U.S. Army 5th Recruiting Brigade Public Affairs

A Brooke Army Medical Center specialist who served as a medic traded in his enlisted rank for captain's bars July 27 when he joined the Army residency program.

Dr. Jorge I. Martinez, an Army medic, surrounded by family, friends and classmates, was commissioned a captain in the U.S. Army Medical Corps.

During the commissioning ceremony, retired Col. June Sekiguchi administered the oath. She has mentored Martinez, helping him connect with health care professionals, officers and recruiters who could help him on the path to practicing medicine in the United States.

"I only opened the way for him," Sekiguchi said, "His hard work, skill, determination and dedication to medicine did all the rest."

It was a long journey for Martinez, who graduated from medical school in Columbia in 1997. Coming to the United States to further his education and pursue a medical career, Martinez enlisted in the U.S. Army in April 2000 and attended Basic Training in January 2001.

Initially unable to become a medical officer due to his foreign credentials, he made a decision to serve as a medic — a Military Occupational Specialty that was as

close as he could get with his foreign medical training.

He studied English at the Defense Language Institute at Lackland Air Force Base, Texas, graduating with honors from the Medical Specialist Course at Fort Sam Houston.

After his assignment to the 10th Mountain Division at Fort Drum, N.Y., he was deployed to Kosovo and also served a tour in Iraq.

Army regulations require one full year of medical practice in a civilian hospital before being commissioned. Undaunted in his ambition to become a physician in the United States, Martinez completed all of his requirements to become a qualified physician in the United States, while working as an Army medic.

"There is no easy way," Martinez said. "Only with friends, family and the strong mentorship of co-workers was this goal possible."

Martinez said the Army offers a wonderful opportunity, but strong determination is the key to pursuing one's goals. He said that if his example serves as an inspiration to others in similar circumstances, it would make him very happy.

Martinez completed his year of internship at the University of Texas Health Science Center at San Antonio in July and is set to begin his residency at Brooke Army Medical Center.



Retired Col. June Sekiguchi, who now works as the head nurse at Brooke Army Medical Center's Internal Medicine Clinic, administers the commissioning oath to Capt. Jorge Martinez.

Guard Soldiers prepare for transformation at Fort Sam

Members of the Nebraska Army National Guard conducted their two-week annual training at Fort Sam Houston, facilitated by the Army Medical Department Center and School's Department of Training Support.

The training for the Soldiers of the Headquarters and Headquarters Detachment, 110th Medical Battalion (Evacuation) primarily took place at the

Battle Simulation Center.

The center uses computer terminals, monitors and other equipment to simulate battle conditions. The technology avoids having to field an actual brigade of Soldiers to run through war games. The result is cost-efficient training that is in line with the Department of Defense's downsizing initiative without sacrificing readiness.

Users build a simulated battlefield environment where casualties are created, treated and evacuated to the appropriate level of medical care, according to the center's Web site at <http://www.cs.amedd.army.mil/sim-center/main.htm>.

"The Battle Simulation Center was uniquely qualified to execute 'high yield' training that imparted my staff with a greater comprehension on what it takes to provide medical battle command of the myriad force health protection functions provided by a wide variety of subordinate organizations," said Lt. Col. Rick Dahlman, commander, 110th Medical Battalion.

The unit was seeking the groundwork to ease the transformation from a medical battalion (EVAC) to the new modular medical battalion (multifunctional).

Dahlman said he welcomed the opportunity to "get the wheels rolling on transforming the unit from medical evacuation to multifunctional medical operations."

"The Battle Simulation Center staff pulled together a wide array of expertise that was responsive to the unit's goals, which will help develop the staff for its new mission," said Maj. Thad Fineran, executive officer, 110th Medical Battalion.

Since the scope of this training went beyond the capabilities of the Battle Simulation Center, the Department of Training Support created a plan to support the unit's request. Eventually, the training became a combined effort between several branches of the Department of Training Support.

During the two-week tour, the unit received training on the structure, employment, functions and concept of the MMB, as well as Army Battle Command Systems and Medical Communications for Combat

Casualty Care, or MC4.

To tie all of the training together, a tabletop staff exercise was conducted, which focused on the new force health protection mission of the unit. During the STAFFEX, the unit was presented with situations designed to exercise each AMEDD functional area. This required the unit to draw upon their new training to develop and brief courses of action in response to the identified situation.

In addition to the scheduled training, the unit took advantage of breaks and after-duty hours to train warrior tasks and battle drills using "America's Army," the official Army-based video game.

Fineran said he intends to build upon the battalion's relationship with the Department of Training Support as the battalion poises itself for full transformation over the next 12 months.

For more information or to request support, visit the Digital Education and Simulations Branch Web site at <http://www.cs.amedd.army.mil/desb>, email sim-digital_ed@amedd.army.mil or call 221-0009.

(Source: AMEDDC&S)



Courtesy photo

A Nebraska Army National Guardsman exercises warrior tasks and battle drills at the Army Medical Department Battle Simulation Center.

Soldiers learn to promote EO in workplace

Story and photo by Cheryl Harrison
Fort Sam Houston Public Information Office

Twenty-four Soldiers from throughout the United States learned how to promote equal opportunity and treatment in the workplace during the installation's Equal Opportunity Representative Course July 17 through 28 at the Army North building.

"The course is held once a quarter, but an additional class has been added for the next fiscal year due to the increase in personnel. All training is accomplished through a variety of means including lecture, seminar, small group training and practical exercises. The course facilitates and is designed for people to put aside their attitudes, beliefs and values when dealing with others. We call it baggage," said Sgt. 1st Class Rosalba Chambers, EO adviser for the 32nd Medical Brigade.

The role of EO advisers is to develop and implement equal opportunity programs for their organizations. The Army EO policy provides equal opportunity and treatment of Soldiers, civilian employees and their families on and off post

without regard to color, religion, gender or national origin, as well as an environment free of sexual harassment.

According to Sgt. 1st Class Isaac Day, EO adviser for Brooke Army Medical Center, the EOR Course is taught by nine EO advisers, and primarily focuses on three levels of learning. The cognitive level deals with basic information pertinent to subjects that directly and indirectly relate to the equal opportunity field. The affective level deals with socialization, attitudes and sensitivities related to equal opportunity. The performance level deals with performing the tasks which will be required in the field.

Along with learning about the EO policies, a segment of the two-week course included the 24 Soldiers role-playing in various scenarios. Several EO advisers observed from the sidelines, instructing, commenting and guiding the group. Two Soldiers were chosen to act as facilitators. The rest of the group was assigned different personalities to act out. As one scenario played out, the "disturber" jumped up and loudly announced he



At the recent Equal Opportunity Representative Course, students were required to raise their hands before speaking. Each student was given certain personality traits to portray during fictitious scenarios. Staff Sgt. Maximino Berrios (center) is acting the part of the "questioner." The questioner causes difficulty, repeatedly stopping the flow of the discussion by asking questions. Staff Sgts. Martha Parker (left) and Annette Barron were also students in the EOR Course.

See EO on Page 4

Cook

Continued from Page 1

As for the new commander, “His credentials are impressive and his extensive experience posture him for success. I look forward to working with you,” Czerw said to Cook.

He also advised Cook to “keep focus on training combat medics ... we will need from you your very best.”

Cook assured the commander he was prepared to do just that. “There is no more noble and important mission than training Soldiers,” he said, adding that in exchange for their great sacrifices, “we owe them the very best training.”

The new commander thanked everyone who welcomed him and his wife, Evi, to Fort Sam Houston for their “genuine kindness and care,” as well as his family members in attendance, including his daughter, Jennifer Hudson, and his twin brother, Dan.

Cook served seven years of enlisted service before being commissioned in the Medical Service Corps in 1983. He holds a bachelor’s degree in political science and three master’s degrees. His extensive medals and awards include the Meritorious Service Medal with five oak leaf clusters, the Expert Field Medical Badge, the Senior Aviator Badge, the Parachutist Badge and the Air Assault Badge.

To close, Cook offered a quote from Albert Einstein. “Example is not another way to teach; it is the only way to teach.”



Photos by Elaine Wilson

Maj. Gen. Russell Czerw, commander, Army Medical Department Center and School and Fort Sam Houston, passes the 32nd Medical Brigade color to Col. John Cook Friday, signifying Cook’s assumption of responsibility for the morale, welfare, discipline and training of brigade Soldiers, and authority of the command.



Col. John Cook, incoming commander, 32nd Medical Brigade; Col. Bradley Freeman, outgoing commander; and Maj. Gen. Russell Czerw, commander, Army Medical Department Center and School and Fort Sam Houston, “troop the line” to inspect the assembled troops, a method of inspection that dates back to Alexander the Great.



Col. Steven Bolint, 32nd Medical Brigade executive officer, leads the “presentation of the command” Friday during the brigade change of command ceremony at MacArthur Parade Field. For the presentation, the commander of troops presents the national, the Army, the Army Medical Department Center and School and the brigade colors to the reviewing officer, in this case, Maj. Gen. Russell Czerw, commander, AMEDDC&S and Fort Sam Houston.

GPRMC

Continued from Page 1

The largest financial incentive for the region came in the form of dollars for Sustained Regional Workload, representing an increase in the quantity of health care the GPRMC hospitals are delivering. Cronk said that in terms of increased health care provided, GPRMC was significantly ahead of the other regions.

“GPRMC has achieved continuous improvement by providing more patient care in each period since fiscal year 2004,” Cronk said. “During the most recent 12 months, GPRMC’s inpatient workload is up by 2.5 percent and outpatient workload is up by 4.1 percent. In today’s business environment, money follows workload.”

The Jump Start program provided funds in fiscal 2005 to increase the quantity of health care delivered. BAMC is one of nine Army hospitals that achieved their objectives. The award allows the hospital to continue ongoing initiatives. The other facilities that achieved projected Jump Start objectives are Fort

Leonard Wood, Mo.; Fort Benning, Ga.; Fort Bragg, N.C.; Fort Riley, Kan.; Fort Sill, Okla.; Fort Leavenworth, Kan.; Tripler Medical Center, Hawaii; and West Point, N.Y.

Performance awards were presented to hospitals that increased either the level of outpatient or inpatient care delivered by more than 5 percent when compared to a year ago. Four hospitals were recognized for inpatient performance and nine hospitals were recognized for outpatient performance. In total, \$2.9 million was provided for incentive awards.

“GPRMC and BAMC emerged as clear winners,” said Cronk. “Nine of the 13 hospitals receiving performance awards were from GPRMC.”

He said that the hospitals within GPRMC were simply delivering more health care. “Those that deliver more health care will gain recognition and additional resources under the surgeon general’s programs.”

BAMC also received a monetary award for Evidence Base Medicine in recognition of exceeding national quality of care standards.

EO

Continued from Page 3

needed to go to the men’s room; the “monopolizer” took up a great amount of the airtime in the group; and the “rescuer” attempted to explain away her own and other people’s feelings.

As the scenarios unfolded, the facilitator’s role was to help the group understand the underlying meaning of the issue and to bring it back to the table. Time was also an issue, as was staying focused on the problem.

Following each scenario, discussion took place, with critiques and suggestions from the students and the EO advisers.

“It is not what you say, it is how you say it,” said Sgt. 1st Class Michelle Jones, EO adviser for the Great Plains Regional Medical Command.

As the group of Soldiers discussed the direction of the scenarios, Staff Sgt. Martha Parker, 314th Military Intelligence Battalion, said, “After spending so much time in the Army, I’ve learned sometimes we, or I, do not realize how much damage we do to people’s reputations by what we say about people or by listening to someone else’s perception of people.”

For more information about the EO program, call Sgt. 1st Class Day at 916-5991 or contact your unit EO adviser.

Let’s talk trash

Residents, employees reminded of disposal guidelines

By Cheryl Harrison
Fort Sam Houston Public Information Office

Trash, according to the dictionary, is described as something of little worth to be disposed of; rubbish. Garbage too, is unwanted or useless material.

Trash, rubbish and garbage, however one describes them, are a serious matter. So serious, in fact, that the Fort Sam Houston Department of Public Works deemed it necessary to remind residents and employees on post of the proper guidelines for disposal of their useless material, rejected matter or items of little worth.

“Fort Sam Houston is a place where people work and live, it is not a dumping ground for unwanted junk. The post deserves to be treated with pride and respect,” said Patricia Seader, service contract representative, Department of Public Works. “I want people to know what a serious situation we are in and I also want to appeal to them to stop dumping their stuff on this post.”

The DPW pays for the use of dumpsters that are for the collection of trash from the barracks and Buildings 1350 and the 900. If post dumpsters are used by others, the workload for the post increases and creates additional costs for DPW. Military and civilian personnel who are employed on Fort Sam Houston are not allowed to bring anything on post for disposal into post containers.

Contracts for housing residents and the post refuse are separate contracts and are distributed from two separate accounts. The entire housing area is under a contract, which includes trash pick up. The current contract is good through Dec. 31. At the current spending rate, funds will not be available to cover the increased workload.

A location behind Building 3882 is designated for housing occupants to dispose of bulk items or

Lincoln Military Housing will pick the items up at the residence for a fee. This information is in the resident’s handbook, provided at the time of signing a lease.

Bulk items such as furniture, refrigerators, basketball goals or landscape timbers cannot be placed in or beside the dumpsters. Large items such as couches and refrigerators have been found discarded at various areas around post, but notably behind the dumpster at Salado Park and Building 1705. This practice is unacceptable. Bulk items must be dropped off at Building 3882.

Do not put wooden pallets into dumpsters. Pallets can be recycled. For more information about pallet disposal, call Bill Burton at 833-2246. The same holds true for tires. They are not to be put into dumpsters. For more information, call Jesse Dehoyos at 391-7490.

Large tree limbs and brush are to be hauled to a designated area. For more information, call Pat Seader at 295-4813 or Mike Gann at 221-3209.

Cardboard boxes need to be broken down before being placed into the dumpsters.

The refuse contractors are hired to pick up the trash, not to clean up messes made by open bags and unsecured refuse.

Recycle items should never be put in the containers. Recycle containers are beside the dumpster.



Courtesy photo

A local dumpster on post was used to dispose of an oversized cardboard box. A lot of space is used when the boxes are not broken down. Break down all cardboard boxes before being putting them in the dumpsters. Another alternative is to recycle boxes. Either way, the boxes must be broken down and folded flat.

Cars should not be parked within 15 feet of the dumpster containers. The contractor will make every effort to return to the dumpster if it is blocked, but if the dumpster is blocked by a vehicle and the dumpster cannot be emptied, contractors wait until the next scheduled pickup.

Dumpster areas will be policed and vehicles involved will be tagged.

For more information about the proper disposal of items or recyclable items, call Seader at 295-4813.

SPORTS BRIEFS . . .

Fort Sam Houston boxing team practice

The Fort Sam Houston boxing team practices every Monday, Wednesday and Friday from 6:30 to 9 p.m. at the Jimmy Brought Fitness Center in preparation for the “Boxing at the Brought III” event to be held Oct. 28. The team will increase its workouts Aug. 21 to five days a week, Monday through Friday from 6:30 to 9 p.m.

Coach Kevin Majors is looking for all levels of boxers to represent the post, not only for October’s Boxing at the Brought, but also for local area competitions.

Boxing coordinator John Rodriguez said, “It is important that those who are interested in boxing at the October event start to train as soon as possible. Coach Majors wants to work with the boxers for as long as he can, to train the boxer for the physical aspects of the sport and to teach or improve their skill levels.”

The previous two boxing events held at the fitness center drew large crowds and boxing club participants from throughout Texas. Boxers interested in joining the post boxing team can show up at practice or call Majors at 393-5854 or Rodriguez at 221-1532.

5K run or walk

The Jimmy Brought Fitness Center will host a 5K run

or walk Saturday. For more information, call Lucian Kimble at 221-2020.

Post soccer team tryouts

Tryouts for coach and player positions on the post soccer team will be held Aug. 14 through 18 at 6:30 p.m. daily at Leadership Field. Resumes or letters of intent for coach positions are due Monday. For more information, call Earl Young at 221-1180 or e-mail earl.young@sam-houston.army.mil.

Intramural fall softball

Intramural fall softball for men’s, women’s and co-ed teams begins Aug. 14. A coaches and rules meeting will be held Friday at 1 p.m. at the Jimmy Brought Fitness Center. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural flag football

The intramural flag football season begins Aug. 21. A coaches and rules meeting will be held Monday at 1 p.m. at the Jimmy Brought Fitness Center. For

more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Post flag football team tryouts

Tryouts for coach and player positions on the post flag football team will be held Monday through Aug. 11 at 6 p.m. at Leadership Field. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Instructors needed

The Jimmy Brought Fitness Center seeks instructors for pilates and yoga classes. For more information, call Lucian Kimble at 221-2020.



Courtesy photo

Hoop dreams

Runnin Rebels basketball team members show off their trophies after taking first place in the Summer of Slam 2006 basketball tournament in San Antonio. The Fort Sam Houston Runnin Rebels Basketball Association is a nonprofit organization with players age 13 and younger from Fort Sam Houston and the San Antonio area. The team was organized in May by Sgt. 1st Class Michelle Jones, of the Great Plains Regional Medical Command, and Charles Jones, Amateur Athletic Union basketball coach, to build confidence, self-esteem and leadership skills. Team members include: (back row, from left) Ben Langford, Ryan Simmons, Coach Charles Jones, Ryan McGee, David Blackwell and Assistant Coach Walter Childs; (bottom row, from left) Lemon Hodges, Adrian Childs, Xavier Wilcox, Nadie Sibert and team manager Terrance Hodges.

Vet facility clarifies pet registration policy

All pets living on post must be registered at the Fort Sam Houston Veterinary Treatment Facility within five working days of arrival. Registration is conducted in person.

People should bring their pet’s medical records and proof of current vaccinations. If pets are overdue for vaccinations or need to be microchipped, people should schedule these procedures prior to registration.

Pets living off post must be registered with the city in which they live. In San Antonio, pets may be registered at most H.E.B.



stores. Pet owners living outside the San Antonio city limits should contact their local animal control.

Animal owners will ensure that their pets are in accordance with the following animal health requirements for this installation:

- Dogs are required to be vaccinated for distemper, parvovirus, hepatitis and parainfluenza annually. Cats are required to be vaccinated for feline panleukopenia, calici virus, rhinotracheitis and chlamydia, annually. Dogs and cats are required to be vaccinated for rabies at four months of age, receive a booster vaccination 12 months later and every three years thereafter. Exceptions may be made for animal health reasons only by the veterinary treatment facility veterinarian.
- Dogs are required to be tested for heart-

- worm disease on a biannual basis. Dogs testing negative for heartworm disease are required to receive some form of heartworm prevention on a year-round basis. Dogs that test positive for heartworm disease are required to be treated for the disease within a period of 90 days or be removed from post to prevent spread of the disease to other animals on post. Exceptions to this may be made for animal health reasons only by the VTF veterinarian.
- Dogs and cats that live on post are required to be microchipped with a microchip approved by the VTF veterinarian and to wear their rabies tags at all times.
- Owners will meet the basic needs for their animals, to include: provide suffi-

- cient nutritious, wholesome food and water; provide veterinary care when needed to prevent suffering; and provide humane care and treatment.
 - Liability insurance is recommended to cover damages that animals inflict on property or people.
 - Litters will be removed from family housing before three months of age.
 - The sale of animals for profit on the post is not authorized unless the U.S. Army Garrison commander grants a specific waiver.
- For more information, reference Army Medical Department Center and School and Fort Sam Houston Regulation 40-3 or call the Fort Sam Houston VTF at 295-4260, 295-4265 or 295-4277.
- (Source: Fort Sam Houston VTF)

Housing residents must adhere to pet policy

Lincoln Military Housing’s pet policy requires residents to exhibit responsible behavior in the control and care of their pets. The following are Lincoln Military Housing pet policies:

- The maximum number of pets combined is limited to no more than two dogs and cats in any combination.
- Permitted pets include cats and dogs, except pit bulls and rottweilers. Small caged animals such as hamsters and birds are allowed. Exotic animals, such as ferrets and farm animals are not allowed. Chow-chows, Doberman pinschers and German shepherds will be allowed if a local veterinarian temperament tests and

- verifies the dog is nonviolent.
- Per Army Medical Department Center and School and Fort Sam Houston Regulation 40-3, all pets are required to be registered with the Fort Sam Houston Veterinary Treatment Facility and microchipped. Pets must be current on their annual and rabies vaccinations and are required to wear their rabies tag at all times. Dogs are required to be tested for heartworm disease biannually and on heartworm prevention year-round. A pet agreement must be signed with proof of registration and vaccinations within 10 days of getting a pet or moving into housing.
- Pet must be kept inside home, on a leash, accompanied by an adult or secured in a fenced backyard approved by LMH.
- Dog runs are not permitted and pets cannot be chained or tethered. Pets must be provided with adequate water, food and shelter from climatic extremes. Pet houses are allowed in backyards only with written permission from LMH.

- Pet owners are responsible for keeping the premises and common areas free of animal waste and debris. Pet owners not properly disposing of their pets waste will be subject to a fine. The owner is responsible for any damage caused by the pet to the property or the property of others. LMH reserves the right to charge for de-flea, deodorize and enzyme shampoo.
 - If a pet becomes in any way a nuisance to other residents and their guests or LMH operations, upon notice from LMH, the pet owner will be required to permanently remove the pet from the premises.
 - LMH is held harmless from all damages, claims and injuries suffered by a person or damage to property caused by a pet and any errors, omissions or negligence in the supervision of pets, including injuries caused by any pet bites and diseases caused or carried by a pet.
- For more information, call Lincoln Military Housing at 270-7638.
- (Source: Residential Communities Initiative)

Veterinary services

The treatment facility at the Fort Sam Houston Veterinary Clinic provides physical examinations and vaccinations for privately owned animals. Walk-ins are accepted for pet registration and microchip services. Emergency treatment for chronic conditions and surgical services are available by appointment. Sick animal clinics are held Monday through Wednesday from 8:30 a.m. to 3 p.m., Thursdays from 1 to 3 p.m. and Fridays from 8:30 to 11:30 a.m. For more information or to schedule an appointment, call 295-4260 or 295-4265.

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.





Photo by Esther Garcia

I swear

Col. Wendy Martinson administers the reenlistment oath to Staff Sgt. Michael Hale. Hale, who has 17 years of service, has been at Fort Sam Houston for 18 months recuperating from wounds he received when he was in Iraq. Hale is from Belleville, Ill., and was the NCO for the Soldier and Family Assistance Center. “I plan to stay in the Army for 60 years or until Uncle Sam tells me to go,” said Hale. “My goal is to stay in 30 years and become a sergeant major.”

Brooke Army Medical Center Health Promotions – August Class Schedule

Class	Dates	Time	Place
* Asthma Management	Tuesday, 15, 22, 29	2 to 3:30 p.m.	BAMC, Health Promotions lower level, Room L31-9V
Breast and GYN Cancer Support Group	Wednesday	9:30 a.m.	For location, call 916-3352
Diabetes Management	Monday, Tuesday		To participate, call Lila Kinser at 916-0794
Diabetes Management (Pre-Diabetes)	Wednesday, 23		To participate, call Lila Kinser at 916-0794
* Tobacco Use Cessation A	Monday, 14, 21	3 to 4:30 p.m.	Army Community Service, Building 2797, Stanley Road
* Tobacco Use Cessation B	Tuesday, 15, 22	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Weigh for Health (Weigh to Stay) Active Duty Military	Wednesday	2:30 to 3:30 p.m.	For class information, call Nutrition Care at 916-7261
Yoga	Wednesday, 16, 23, 30	12 to 1 p.m.	BAMC, fifth floor, Room 531-14

* To schedule these classes, call 916-9900, option No. 4. For more information, call 916-3352.

TROOP SALUTE



232nd Medical Battalion



Soldier of the Week

Name: Pvt. Marcus Roll
Unit: A Company
Career Field: 91W, health care specialist
Time in service: Five months
Reason for joining the Army: Education
Latest accomplishment: Selected Soldier of the Week
Future goals: To progress in the Army and become an officer



Junior Leader of the Week

Name: Pfc. Kazumi Tanimoto
Unit: A Company
Career Field: 91W, health care specialist
Time in service: Five months
Reason for joining the Army: Repayment of what the U.S. has done for my country.
Latest accomplishment: Selected Junior Leader of the Week
Future goals: To become a forensic scientist

CAREER CLIPS

Admissions clerk and patient account representative, San Antonio — Responsible for the admission and registration of surgical patients. Medical office duties include phone system management, insurance verification, filing and data entry. Must have superior customer service skills and computer experience in Word and Excel.

Care team coordinator, San Antonio — Functions as the initial point of contact for all interactions with care team members and administrative employees. Ensures adherence to company policies associated with record establishment, retention, maintenance and confidentiality. Receives and enters data for new and current patients and employee records and documentation.

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2263, Room B099 or by calling 221-1213.

Warrant officers needed

The final board for fiscal 2006 will be in September. The following warrant officer Military Occupational Specialties are in critical need for this board:

- 215D Geospatial Information Technician
- 311A CID Special Agent
- 350Z Attaché Technician
- 351L Counterintelligence Technician
- 351M Human Intelligence Collection Technician
- 352P Voice Intercept Technician (Korean)
- 352S Non Morse Intercept Technician
- 880A Marine Deck Officer
- 890A Ammunition Technician
- 913A Armament Repair Technician
- 914A Allied Trades Technician
- 921A Airdrop Systems Technician

For more information on becoming a U.S. Army warrant officer, visit www.usarec.army.mil/warrant or e-mail wo-team@usarec.army.mil.

Military teen makes case for legal career

By **Lionel Lowery III**
Special to the News Leader

Recently, I had the opportunity to visit the office of the Staff Judge Advocate to interview Brian Novak, a legal assistance attorney. Novak gave me some insight on his career and personal path on the road to practicing law.

When asked what his job entailed, Novak said, “I represent and advise military members and their dependents; I deal with issues that range from an identity being stolen to writing powers of attorney.”

Novak’s training and education was a test of endurance. “I attended four years of college, and during that time I had to take a difficult exam called the Law School Admission Test or LSAT. Then, I attended three years of law school and upon graduation I had to pass the bar exam. I entered active duty into the Air Force as a judge advocate.

“After five years I separated from active duty and went into private practice for two years. It was then that I returned to military law as an attorney adviser.”

After talking with Novak, I was given a tour of the building, shown different departments and the courtroom upstairs.

During the tour, Novak explained environmental law. The primary concern is protecting the environment.

There are other divisions in the SJA such as criminal law, claims and administrative matters. Each area plays an important aspect in the well-being of military members and their families.

I caught a glimpse of the world of an Army judge advocate and I was able to observe the distinct accomplishments of each area.

Our daily life is not like the TV program “Law and Order,” so every time I pass the Judge Advocate General office building, I will be reminded of the time and dedication required to

be in that career field.

Solving a case or simply getting to the bottom of a conflict requires the following steps:

- Interview the client and identify the problem.
- Research every issue and detail; be very analytical.
- If you find a solution do not stop there; it could be more than just the obvious.
- Spot all of the potential issues; choosing the best that fits a client’s needs.

Throughout the interview, I was able to see some characteristics that you have to embody in this career field. By answering the following questions you can determine if you have what it takes to be in the legal field:

- Are you willing to put in long hours during the work week to get the job done?
- Do you like to interact with people?
- Do you have a sense of humor?
- Do you like to help people?
- Are you good at multitasking?
- Do you pay attention to details?
- Do you work well under pressure?
- When put on the spot, are you comfortable speaking?

Time to total your score. For each

yes, give yourself one point, for every no, it is two points. If you scored nine to 12, start practicing the phrase “I object!” Thirteen to 15 means you are halfway there. Visit the Fort Sam Houston Library for more information on this career field. If you scored 16 to 18, I suggest you reread the recent article I wrote about the culinary field. That could be a possible option!

Army Community Service

Financial Readiness – August Class Schedule

Class	Date	Time
Personal Financial Management	Today and Tuesday	2 to 4 p.m.
Financial Planning	Aug. 10 and 15	2 to 4 p.m.
Checkbook Maintenance	Aug. 22 and 24	2 to 4 p.m.

Personal Financial Management – Offers information on credit reports, maintaining budgets and effective savings plans.

Financial Planning – Focuses on savings, credit and establishing budgets.

Checkbook Maintenance – Geared toward personnel referred by the command for abusing and misusing check-cashing privileges; however, anyone can attend.

Classes are held in Training Room 1 at the Roadrunner Community Center, Building 2797 on Stanley Road. For more information or to register, call 221-1612.

For the chapel services schedule, visit www.samhouston.army.mil/chaplain.



Photo by Kelly Schaefer

New spiritual leader

Brig. Gen. James Gilman, commander, Brooke Army Medical Center, presents the ecclesiastical stole to Chaplain (Col.) Daniel L. Moll July 27 during the Great Plains Regional Medical Command and BAMC change of stole ceremony. Chaplain (Col.) Ernest B. Todd is the outgoing chief, GPRMC and Department of Ministry and Pastoral Care. The Department of Ministry and Pastoral Care uses the ecclesiastical stole ceremony to represent the acceptance of spiritual leadership responsibility. The stole, often worn by ministers, is a symbol of a servant leader.

RELIGIOUS HAPPENINGS . . .

Vacation Bible School Fiesta

Vacation Bible School will be held Monday through Aug. 11 from 6 to 8:30 p.m. at the Dodd Field Chapel. The VBS theme is Fiesta and will provide fun, memorable, scripture-based activities for children of all ages. Each day children will sing songs, play teamwork-building games, take on a daily challenge to celebrate Jesus’ love, experience interactive Bible adventures, collect Bible memory buddies and people of faith cards, and create fun crafts to take home. The children will also participate in a hands-on project that will show Jesus’ love to others. VBS Fiesta is an exciting way for children to learn more about their faith. Each day concludes at Fiesta Finale, a send-off that celebrates the day. Family members and friends are welcome to participate daily for an experience of fun and faith this summer. To volunteer or to register, call Brian Merry at 221-5006 or e-mail brian.merry@samhouston.army.mil.

Guitarist needed

The Army Medical Department Center and School Regimental Chapel is looking for a guitar player for the Protestant Sunday service. For more information, call 221-4362 or fax 221-3103.

Bible study break

The Sunday afternoon Officers’ Christian Fellowship Bible study will not be held during the summer. A Bible study will begin in September with full details to be publicized at a later date. For more information, call Lt. Col. Bob Griffith at 385-8451 or e-mail robert.griffith1@amedd.army.mil.

BACK TO SCHOOL

Important dates

Today, 8:30 to 11 a.m. and 1 to 3 p.m.
Registration for new ninth and 12th graders attending Cole Jr./Sr. High School will be conducted by appointment. For an appointment, call 368-8734.

Friday, 8:30 to 11 a.m. and 1 to 3 p.m.
Overflow registration for all grades attending Cole Jr./Sr. High School will be conducted by appointment. For an appointment, call 368-8734.

Monday, 8:30 to 11 a.m. and 1 to 3 p.m.
Overflow registration for all grades attending Cole Jr./Sr. High School will be conducted by appointment. For an appointment, call 368-8734.

Tuesday, 9:30 a.m. to 1:30 p.m.
“New Kids Camp” will be held for grades seven to 12 in the Mall and Moseley Gym.

Aug. 10, 6:30 p.m.
Orientation for all Cole Jr./Sr. High School seventh and eighth graders and their parents will be held in the Moseley Gym. Also, orientation for new students to Cole in grades nine through 12 will be held in the Cole Cafeteria.

Aug. 11, 3 to 4 p.m.
Fort Sam Houston Elementary students attend “Meet Your Teacher” and visit classrooms.
Cole Jr./Sr. High School hosts the “Cougar Round-up” where students will receive books, lockers and schedules.

Aug. 14
First day of school

Aug. 17, 6 p.m.
Fort Sam Houston Elementary School Open House

Aug. 22, 6 p.m.
Fort Sam Houston Elementary School Open House

Aug. 28, 6:30 p.m.
Robert G. Cole Jr./Sr. High School (grades nine to 12) Open House

Fort Sam Houston schools begin Aug. 14

The 2006-2007 school year begins Aug. 14 and ends May 31. The calendar was approved in February 2006 by the Board of Trustees, with input from the district Educational Improvement Council, an advisory group comprised of district staff, parents, and community members.

For 2006-2007, the district requested a waiver from the Texas Education Agency to begin school Aug. 14 instead of Aug. 21. Under Senate Bill 108, signed into law in 2001, school districts can hold classes for students no earlier than the week in which Aug. 20 falls, with Sunday considered the first day of the week. In addition, districts can request to waive the Aug. 21 regulation. The district held a widely publicized hearing, received feedback from the parents, staff and community, and requested the waiver from TEA. The waiver was approved last spring.

The student holidays in the first semester of school of the 2006-2007 calendar include: Labor Day, Sept. 4; Teacher Professional Development, Oct. 6; Columbus Day, Oct. 9; Veteran’s Day, Nov. 10; Thanksgiving, Nov. 20

Superintendent’s back to school message

Welcome to the 2006-2007 school year! The Fort Sam Houston Independent School District faculty and staff look forward to helping your students learn, progress and be successful in school. Our teachers have an enthusiastic and dedicated commitment to helping students achieve their personal academic goals and be prepared for their post-secondary life.

Our students, schools and district benefit most when parents and community members are involved. We ask that you support your child’s education by reviewing homework, showing interest in what happens in class, ensuring your student is in school on time and communicating with teachers. Please also consider sharing your time and talents as a volunteer or mentor — ask your child’s teachers, counselors, campus administrators or your Parent Teacher Organization or Cougar Pride Club officers how you can help make a difference in the lives of our students.

Just recently, the Military Child Education Coalition hon-

ored the Fort Sam Houston installation and the Fort Sam Houston Independent School District for the second year in a row for our exemplary partnerships benefiting military families — and received a grant of \$5,000 in support of our efforts! These partnerships help our military students and their families ease school transitions and enhance their school experience.

Working together, we can make the Fort Sam Houston schools the very best academically. Please call your school and get involved — your child will reap generous benefits. Your time and support are sincerely appreciated.



Dr. Gail E. Siller
Superintendent

Construction projects under way at Cole High School

Students attending Robert G. Cole Jr./Sr. High School this year will experience firsthand major expansions taking place on the campus. Current projects under way are a new middle school building, a new media center and a new competition gymnasium.

Planned to serve sixth, seventh and eighth grade students beginning in the 2007-2008 school year, the new middle school building is being constructed on the west side of the Cole campus. The two-story facility will house 12 regular classrooms and a computer lab, as well as administrative offices. The building will also have its own “mall area” for students to congregate before and after school.

Facing Forbush Avenue, Cole Middle School will have its own entrance drive and drop-off and pick-up points. Additional entrances and exits will provide students easy access to shared facilities such as the cafeteria, science building and fine arts facilities.

Cole’s new media center will be built on the Junior ROTC parking lot, with its entrance facing the main building. The media center will house the school’s library collection, multimedia resources and computer stations for student and teacher use. This beautiful new facility will have an open, airy feeling with walls of windows for natural lighting. It will also have classroom space for teacher instruction, a computer lab for writing and research and a small study room for student group work.

Cole’s new gymnasium and field house will be a welcome addition. The new gym will be large enough for bleachers on both sides of the court and, when the seats are not extended, will allow for two full-sized courts side by side. A new concession stand will have modern amenities and students will have a new weight room for their workouts. The field house will have separate identical dressing areas for boys and girls, and each side will have



Courtesy illustration

An artist’s rendering of the new middle school building.

its own training room to attend to student injuries. The existing gym will be maintained and used for practices and physical education classes.

All facilities currently under construction, as well as a new technology building being built across from the Cole campus, will be completed in time for the start of the 2007-2008 school year.

“During the construction phase, our students’ safety is a priority,” said Dr. Roland Rios, Cole principal. “Construction areas are isolated and restricted areas are blocked off with fencing.

“The construction of these new additions will require everyone’s cooperation and patience,” he added. “But once they are completed, the results will be well worth the effort.”

KEY TELEPHONE NUMBERS

Fort Sam Houston Independent School District	
Administration Building	368-8700
Superintendent	368-8701
Associate Superintendent	368-8703
Business	368-8705
Technology	368-8707
Operations (Maintenance/Transportation)	368-8719
Fax	368-8741
Fort Sam Houston Elementary School	
Receptionist	368-8800
Principal	368-8810
Assistant Principal for Instruction	368-8804
Assistant Principal for Student Services/Attendance	368-8805
Counselor’s Office	368-8806
Fax	368-8809
Military Special Education Cooperative	
Fax	368-8771
	368-8776
Robert G. Cole Jr./Sr. High School	
Receptionist	368-8730
Principal	368-8733
Assistant Principal for Instruction	368-8774
Assistant Principal for Student Services/Attendance	368-8742
Counselor’s Office	368-8736
Fax	368-8734
	368-8731

Elementary prepares for first day of school

Fort Sam Houston Elementary faculty and staff view the first day of school as a celebration of exciting things to come. Teachers, para-educators, secretaries, support staff and administrators are busy planning for students to enjoy successful experiences at school.

The first week of school is spent easing the student's transition from home to school. Several steps are taken to ensure a successful first experience for all students. Elementary staff members greet the oncoming buses, ready to welcome all students with a wave and a smile. Young students and those new to the school may also be escorted to their class.

All entrances to the school are supervised so all students receive a warm, friendly welcome. Students may enter the school grounds through the front of the

school or the back entrance bordering Nursery Road. For reasons of safety and security, students may not enter the grounds from Williams Road.

The school gates will be locked every day at 8 a.m. Visitors must check in at the front office. Ramps and wings are painted different colors to help young children locate their room.

Parents are encouraged to enroll their children before the first day of school to ensure a smooth and successful beginning for their children. New students can register Monday through Friday between the hours of 7:30 a.m. and 3 p.m.

During the course of the first few days, students will take home

important information for parents to review and in some cases to return to the school. The Parent-Student Handbook, Student Code of Conduct and Acceptable Use Policy will require parent signatures. Please read and review these important documents carefully with children and return the paperwork by the date requested.

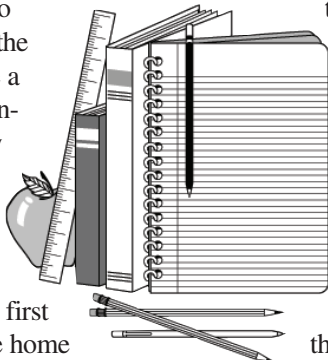
The majority of students will ride a bus to school. Students are not allowed to ride a bus other than the one to which they have been assigned. Younger students may not wait for older brothers or sisters to ride a later bus home. Pre-kindergarten students can not ride a school bus to or from school.

Students in kindergarten through sixth grade should not

arrive at school before 7:15 a.m. Pre-kindergarten students should not arrive before 8 a.m. The installation provides before and after school programs. Parents who need this service should call Central Registration.

Pre-kindergarten students will be issued nametags that should be worn every day. Kindergarten students will be given name tags on the first day of school. Students are asked to wear their name tags at least the first two weeks of school. This will help faculty and staff keep a watchful eye on the young children.

The 2006-2007 school year will be an exciting year as both the school and the community continue to work together. Through our efforts, we can continue to provide a quality education for all students.



Elementary students invited to meet teachers early

Fort Sam Houston Elementary School teachers and administrators invite all students and parents to visit the campus to meet teachers and visit classrooms Aug. 11 from 3 to 4 p.m.

Class rosters will be posted on the front doors of the school building at 2:45 p.m. indicating which room and teacher each student has been assigned for the 2006-2007 school year. Parents and students are encouraged to attend this event.

"This is a wonderful opportunity for students to get acquainted with their teacher and see their room before the first day of school on Aug. 14," said Jayne Hatton, Fort Sam Houston Elementary principal.

Agendas teach organization skills

Educational studies indicate that good study habits and organizational skills help children succeed in school. Parents can assist by keeping close communication with the school and establishing a routine that encourages students to keep up with their schoolwork.

Fort Sam Houston Elementary School strives to instill organizational skills in the students that will last through their college years. Students in first through sixth grade are once again being provided a daily planner, or an "agenda," for the 2006-2007 school year.

Agendas provide parents with current information about homework, class projects and general school news or events. They also provide a means for teachers and parents to communicate in writing on a regular basis.

"Parents play a key role in the successful use of the agendas," Principal Jayne Hatton noted. "A powerful message is sent to the students when parents review and sign agendas daily. Additionally, parents model important organization skills through the use of their own calendars or daily planners."

Students will receive an agenda on their first day of school. There will not be an initial cost for the agenda.

Fort Sam Houston Elementary offers comprehensive curriculum

Fort Sam Houston Elementary School's curriculum provides comprehensive, well-balanced learning experiences for students that are developmentally appropriate. The state-mandated Texas Essential Knowledge and Skills form the core of the curriculum; however, additional enrichment activities are included to extend learning opportunities.

All students are assigned to heterogeneous homerooms with class sizes limited in grades kindergarten to fourth to an enrollment of 22 students. The fifth and sixth grades are completely departmentalized and group students heterogeneously. Specialists in music, art, drama and physical education provide instruction to all students on a regularly scheduled basis.

Additionally, individual teachers schedule library time and computer classes for their students' use.

The pre-kindergarten program is available for children of active duty military personnel who are 4 years old by Sept. 1. The goal of this full-day program is to provide intensive language

development within the context of a balanced curriculum.

The school library is a fully equipped resource and media center, which serves the entire faculty, staff and student body, and is considered a teaching station. It provides a balanced collection of print and non-print media and computer software. In addition to this collection, there is a rich array of supportive services. The librarian also serves as the campus contact person for the distribution of materials from the regional education service center and the local educational public broadcast television station.

In grades pre-kindergarten through six, computers are an integral part of the school curriculum, providing students with experiences in drill and practice, tutorial, problem solving, and simulation. In addition, students come to the computer lab where they also learn word processing, data filing and graphic utilities. Students also attend classes in the multimedia lab. Opportunities include use of software correlated to the curriculum.

Special programs help elementary students achieve full potential

There are numerous special programs and services available to help Fort Sam Houston Elementary School students achieve their potential. Two certified counselors serve the guidance and counseling needs of the students through classroom meetings, small group sessions and individual counseling. The goal of the school is to provide a school climate in which each child may live comfortably and confidently and function successfully.

A special partnership program between the Army and the school is provided for selected "at risk" students. Adult mentors, provided by the Army community, tutor the students for one hour per week in academic areas. The mentors are selected and trained through the installation's chaplain's office.

A strong drug-free program at the elementary school is integrated throughout the entire curriculum and school. The health curriculum addresses the negative effects of the use of alcohol, tobacco, marijuana and other drugs, with special emphasis on illegal drugs. In social studies, emphasis is placed on personal, social and civic responsibilities. The counseling department also is an active participant in the education of students about this important subject.

Students who attend Fort Sam Houston Elementary School possess rich and varied experiences so a wide range of instructional arrangements and programs are required to meet their specific learning needs. Services are provided for

those identified as "at risk," disabled, gifted and talented, limited English proficient and those whose previous educational experiences are inconsistent with Texas requirements. A team approach ensures all identified students receive needed services to improve their academic performance.

Gifted and talented programs are available for students in grades kindergarten through six, who have demonstrated exceptional proclivity toward excellence or the potential to excel in general intellectual ability. All professional staff members are qualified to teach students with these special needs. Children are referred for this program by their parents or teachers. Eligibility for the program is based on test results and rankings on a student profile matrix.

An exemplary fine arts program is provided for fifth and sixth grade students showing exceptional talent in the areas of art, music and theater arts. Eligibility for the programs is based on individual test results and rankings on a student profile matrix.

Comprehensive special education services are available for eligible disabled students who require provision of special services in place of or in addition to instruction in the regular classrooms. Students served include those from birth to age 21 who are auditorially or visually disabled, and those ages 3 to 21 who are physically disabled, mentally challenged, emotionally disturbed, learning disabled, autistic or multi-handicapped.



Photo by Janet Bolin

Getting ready

Fort Sam Houston Elementary custodian Art Ruiz assembles new furniture for the classrooms. Students return to school Aug. 14.

Positive Behavior Support Project encourages school-wide discipline

Fort Sam Houston Elementary School begins year two of a three-year project that will enhance the capacity of the school to educate all students by adopting a sustained, positive, preventative and instructional approach to school-wide discipline and behavior management.

The Positive Behavior Support approach focuses on giving priority to teaching and encouraging positive school-wide behavior expectations.

Robert G. Cole Jr./Sr. High School begins its first year of implementation, focusing on staff training and school-wide expectations. Cole Principal Dr. Roland Rios said, “We look forward to participation in this initiative and are confident we will see the same positive results evident at the elementary school.”

The Positive Behavior Support Project creates an envi-

ronment where:

- Students and staff members are physically and emotionally safe, socially civil and academically productive;
- Classes are welcoming and invitational to all students;
- Students are taught the skills they need;
- Students and staff members are excited and take pride in doing difficult, but important work;
- Students and staff members support the progress of others;
- Students and staff members are filled with a sense of accomplishment; and
- All people are motivated, engaged in meaningful learning tasks and experiencing growth.

Jayne Hatton, elementary principal said, “In one year, discipline referrals have decreased and comments from

students, staff and parents have been positive.”

Fort Sam Houston Elementary School guidelines for success are “Be safe, be responsible and be respectful.” Students are aware of these guidelines and did successfully follow expectations for the cafeteria, recess, assemblies and being in a line during the 2005-2006 school year. Expectations for the classroom will be taught the first two weeks of school, ensuring a positive, successful beginning for the school year. Training will be provided for new students enrolling throughout the year.

Fifth grade teacher Brenna Howell is excited that the positive, research-based practices will improve the learning environment for students and teachers. Howell said, “I anticipate that this new approach will increase time for instruction.”

Cougar Cub PTO supports students, families, staff

The Fort Sam Houston Elementary Cougar Cub Parent Teacher Organization is gearing up for another great year. Parents are encouraged to join the PTO. Executive committee members will be available to speak to parents at the open house and will communicate in writing throughout the school year.

The PTO has an active volunteer program that offers a wide range of options for parent participation. A form will be sent home listing some of the possibilities for volunteer activities. Volunteers are an important ingredient to a successful school year.

Each Friday is “Spirit Day” at the elementary school. Students are encouraged to wear

green or gold on that day. The PTO will sell “spirit wear” throughout the year. Flyers listing the size and price for the school T-shirts will be sent home with the students.

The PTO will also sponsor several fund-raising events throughout the year. All monies collected benefit the students at the school. In previous years, the PTO has purchased playground equipment, keyboards, die-cut materials, a poster machine, a portable speaker system to be used at school-sponsored events, coolers for every classroom and bulletin boards for the main hallway. Funds have also been used to support the Accelerated Reader Program.



Fort Sam Houston Elementary School
3370 Nursery Road
San Antonio, TX 78234
Phone: 210-368-8800 Fax: 210-368-8801

Suggested List of School Supplies for 2006-2007

Pre-kindergarten

- | | | | |
|---|---|---|--|
| 1 | Box of tissues | 1 | Box Ziploc sandwich bags - boys |
| 1 | School bag (large enough to hold papers and a library book, no book bags with wheels) | 1 | Set Crayola water color paint - eight colors |
| 4 | Bottles Elmer’s school glue (not “gel” or “no run” glue) | 1 | Pkg. paper plates - girls |
| 1 | Pocket folder (solid color) | | |
| 1 | Box Ziploc bags (gallon) - boys | | |
| 1 | Box Ziploc bags (sandwich or quart) - girls | | |
| 1 | Pkg. small white paper plates - boys | | |
| 1 | Pkg. big white paper plates - girls | | |
| 1 | Pkg. Crayola Classic markers | | |

Kindergarten

- | | | | |
|---|---|--|--|
| 1 | Bottle Elmer’s school glue - 4 oz. | | |
| 4 | Glue sticks | | |
| 1 | Scissor - Fiskar round-tip | | |
| 1 | Construction paper (variety pack 9” by 12”) | | |
| 1 | Backpack (no wheels) with student name on it (large enough to hold papers and library book) | | |
| 1 | Set Crayola brand water color paint - eight colors | | |
| 3 | Boxes Crayola Classic markers (fat ones) | | |
| 1 | Pkg. paper bags - girls | | |
| 1 | Box Ziploc quart or gallon bags - boys | | |
| 2 | Boxes Crayola crayons - eight count | | |
| 2 | Boxes Kleenex - 200 count | | |
| 1 | Pkg. manila paper | | |

No supply boxes

Grade one

- | | |
|----|---|
| 2 | Spiral notebooks |
| 24 | Yellow pencils - No. 2 |
| 2 | Bottles Elmer’s glue - 4 oz. |
| 1 | Pink Pearl eraser |
| 2 | Boxes Crayola crayons - 24 count |
| 1 | Pkg. Crayola Classic markers (wide tip) |
| 1 | Scissor - Fiskar |
| 1 | Box Kleenex - 200 count |
| 3 | Folders with pockets |
| 1 | Composition book with sewn binding (not spiral) |
| 1 | Pkg. baby wipes |

Grade two

- | | |
|----|---|
| 1 | Small pencil sharpener and lid |
| 4 | Spiral notebooks - wide-ruled (80 pages) |
| 48 | Yellow pencils - No. 2 (no Eagle Brand) |
| 2 | Boxes Crayolas - 24 count |
| 1 | Scissor - Fiskar sharp point |
| 2 | Boxes Kleenex - 200 count |
| 2 | Bottles white school glue - 8 oz. |
| 8 | Pocket folders with brads (assorted colors) |
| 1 | Wooden 12-inch ruler (centimeters and inches) |
| 1 | Pkg. construction paper (9” by 12”) assorted colors - 50 sheets, no tablets |
| 2 | Pkgs. Crayola brand markers |
| 1 | Backpack |
| 1 | Pkg. Ziploc quart freezer bags - boys |
| 1 | Package of wipes - girls |
| 1 | Plastic box for supplies (no shoebox size) |
| 1 | Pkg. manila paper |
| 2 | Pink Pearl erasers |
| 1 | Pkg. wide-ruled notebook paper |
| 1 | Antibacterial sanitizer |
| 1 | Pkg. Ziploc gallon size freezer bags |

Grade three

- | | |
|----|--|
| 1 | Pencil sharpener with lid |
| | Yellow pencils - No. 2 (not Eagle) |
| 1 | Box colored pencils - 12 count |
| 1 | 12-inch ruler - inch and metric |
| 2 | Boxes Crayola crayons - 24 count |
| 1 | Elmer’s glue - 8 oz. |
| 2 | Boxes Kleenex - 200 count |
| 1 | Pkg. wide-spaced notebook paper |
| 1 | Scissor - Fiskar - sharp point |
| 10 | Pocket folders - two blue, two green, two yellow, two orange and two red |

- | | |
|---|---|
| 5 | Spiral notebooks - 70-page - wide-ruled |
| 1 | Pkg. assorted construction paper 9” by 12” (no tablets) |
| 1 | Pkg. manila paper 9” by 12” |
| 2 | Pink Pearl erasers |
| 1 | Quart freeze lock baggies - boys |
| 1 | Hand sanitizer - girls |
| 3 | Red checking pen |

No three ring binders or Trapper Keepers

Grade four

- | | |
|----|---|
| 1 | Supply box - large |
| 30 | Yellow pencils - No. 2 (no Eagle or mechanical) |
| 1 | 12-inch ruler |
| 1 | Box Crayola crayons - 24 count |
| 1 | Bottle Elmer’s glue - 8 oz. |
| 2 | Boxes Kleenex - 200 count |
| 3 | Pkgs. wide-spaced notebook paper |
| 1 | Pkg. Crayola fine point markers – eight colors |
| 1 | Scissor - Fiskar sharp point |
| 10 | Pocket folders with brads (bold) |
| 6 | Spiral notebooks - 70-page, wide-ruled |
| 1 | Roll paper towels |
| 1 | Box colored pencils – 12 count |
| 1 | Pkg. baby wipes |
| 4 | Highlighters |
| 1 | Box quart freeze lock baggies - girls |
| 1 | Box gallon freeze lock baggies - boys |
| 2 | Red pens |
| 2 | Glue sticks, manual, closed |
| 1 | individual pencil sharpener |

No notebooks or Trapper Keepers

Grade five

- | | |
|----|--|
| 1 | Zipper pencil case |
| 24 | Pencils - No. 2 |
| 5 | Highlighters |
| 2 | Red checking pens |
| 1 | Box colored pencils - 12 count |
| 1 | Three-inch, three-ring binder |
| 1 | Box crayolas - 16 count |
| 2 | Boxes Kleenex - 200 count |
| 1 | Pkg. of re-enforcements |
| 1 | Box Crayola brand markers (fine point) |

- | | |
|---|--------------------------------------|
| 5 | Folders with three brads and pockets |
| 2 | Pkgs. tab dividers with pockets |
| 5 | Spiral notebooks - 70-page |
| 5 | Pkgs. wide-line paper |
| 2 | Pink Pearl erasers |
| 1 | Glue stick |
| 1 | Roll paper towels |
| 1 | One-inch binder |

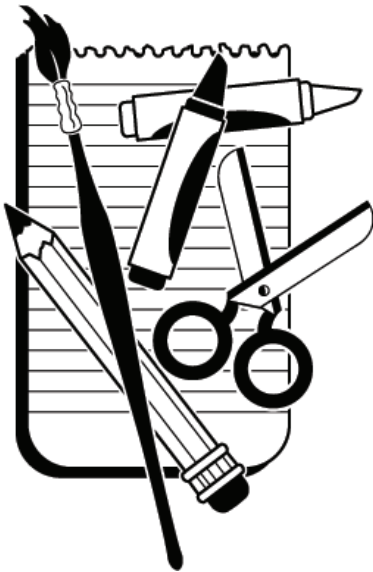
No backpacks

Grade six

- | | |
|---|--|
| 1 | Box Crayola brand markers (fine point) |
| 1 | Scissor (sharp point) |
| 2 | Boxes of Kleenex |
| 5 | Pencils - No. 2 (no mechanical pencils) |
| 1 | Pkg. black or blue pens |
| 4 | Spiral notebooks |
| 1 | Ruler - inches and metric |
| 1 | Pkg. colored pencils |
| 1 | Glue stick |
| 2 | Pkgs. wide-line notebook paper |
| 1 | Pkg. multi-colored highlighters |
| 1 | Three-inch, three-ring binder - zippered |
| 2 | Tab dividers with pockets |
| 1 | Three-ring pencil pouch |
| 3 | Red checking pens |
| 1 | Pkg. of dry erase markers |

Supplies must be replenished throughout the year.

No backpacks



Students should ‘dress for success’

The Fort Sam Houston Independent School District prides itself on high academic and behavioral expectations. Research has indicated that student behavior is influenced by dress and grooming. To maintain a safe and effective learning environment for all students, the school district has established dress code guidelines to teach grooming and hygiene, prevent disruption, minimize safety hazards and aid parents and students in selecting the proper attire for school.

“We ask parents and students to review the Student Dress Code in the 2006-2007 Student/Parent Handbook, as well as the rest of the pertinent information,” said Jayne Hatton, principal, Fort Sam Houston Elementary. “Our school and our parents can work together to create a safe and successful environment for our students.”

The general guidelines for student attire call for students to adhere to the following expectations:

- Wear clean, neat clothing that is not a health or safety hazard.
- Skirts, shorts, skorts and dresses must extend beyond the student’s fingertips when the student is standing.
- Shirts and blouses must extend below the waist band, but cannot extend beyond the student’s fingertips when the student is standing.
- Shoulder straps on clothing must be worn on the shoulder.
- Shorts and pants must be worn at waist height.
- Safe, appropriate shoes must be worn.
- Hair must be neat and clean.

The following items are prohibited:

- Pictures, emblems or writings on any clothing items that are gang-related, lewd, offensive, vulgar, violent, obscene or disrespectful.



- Pictures, emblems or writings on any clothing items that advertise tobacco products, alcoholic beverages, drugs or any other substance prohibited under policy FNCF.
- Body stockings without a top and shorts, or other clothing items covering the body stocking.
- Baggy, sagging or oversized pants, shorts, or shirts.
- Extremely tight, short, unclean, tattered or revealing clothing, to include leggings and spandex.
- Cutoffs or unhemmed, frayed pants or shorts.
- Pants or shorts with rips, tears or holes that expose skin or underwear.
- Pants or shorts held up by drawstrings or elastic (applies to students in grades seven to 12 only).
- Apparel exposing the bare midriff, front, back or side, whether hip or underarm.
- Halter-tops, fishnet tops, crop tops, see-through blouses, tank tops, spaghetti straps or camisoles.
- Gym shorts, biker shorts or basketball shorts.
- Warm-up suits, sweat suits or wind pants except during physical education classes (applies to students in grades seven to 12).
- Any clothing or grooming that may reasonably be expected to cause disruption of or interference with normal school operations.
- Unconventionally colored or multi-colored, spiked hair or extreme hairstyles.
- Hats, caps, hoods, “do-rags” or bandanas with the exception of Junior ROTC, PE or those that meet the medical needs of students.
- Hair curlers.
- Body-piercing jewelry except for rings, studs or other traditional jewel-



- ry worn in the ear.
- Spikes or chains of any type.
- Sunglasses
- Unsafe or inappropriate shoes, including house shoes, shower shoes or steel-toed boots or shoes.
- Pajamas, lounging undershirts or any pajama-style clothing.
- Bare feet
- Visible tattoos
- Temporary or permanent cosmetics and ornamental dental appliances, such as “grillz.”

“Students and parents are encouraged to keep the dress code in mind as they prepare and plan for the 2006-2007 school year,” said Dr. Roland Rios, principal, Cole Jr./Sr. High School. “We encourage parents to assist their children in adhering to the requirements and guidelines of the district’s Student Dress Code in 2006-2007.”

Because fads in dress and grooming are subject to sudden, and sometimes radical change, campus administrators reserve the right to rule on dress and grooming matters which involve decency, cleanliness, safety, bizarre, disruptive or extreme modes of dress for school.

Students who choose to violate the dress and grooming code will be sent to an administrator for clarification or disciplinary action. Parents will be contacted and requested to bring a change of clothes so the student will be in compliance with the dress code. Repeated violations of the dress code will be construed as insubordination and further disciplinary consequences will be incurred by the student.

Adherence to the dress code and student and parental cooperation is greatly appreciated by the Fort Sam Houston Elementary School and Robert G. Cole Jr./Sr. High School staff.

District clarifies non-discrimination policy

Fort Sam Houston Independent School District offers a variety of career and technology education programs in home economics, marketing education and hospital-ity management courses. Admission to these programs is based on interest by the students and parents.

It is the policy of Fort Sam Houston ISD not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amend-

ed; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

It is the policy of Fort Sam Houston ISD to support districts as they provide a free, appropriate education to all students consisting of regular and special education and related aids and services in career and technology education programs. These programs are designed to meet individual educational needs of disabled persons as adequately as the needs of non-disabled

persons are met, and are based upon adherence to provisions set forth in 34 CFR 104.33-104.36 and 34 CFR 104.31-104.40 (see also standards under V-C, V-D, V-E, V-F, V-G and V-H).

It is the policy of Fort Sam Houston ISD not to discriminate on the basis of race, color, national origin, sex, handicap or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended;

and Section 504 of the Rehabilitation Act of 1973, as amended.

Fort Sam Houston ISD takes steps to ensure that limited English proficiency is not a barrier to admission or participation in any educational and vocational programs.

For more information about a person’s rights or grievance procedures, call Dr. Gloria Davila, associate superintendent, Title IX coordinator, and Section 504 coordinator, at 368-8703 or visit the Fort Sam Houston ISD at 1902 Winans Road.

Parents can access school district policies online

The policies governing the operation of Fort Sam Houston Independent School District are available online at www.fshisd.net. To access district policies, click on “School District Policies” in the middle of the home page.

“We encourage our parents to visit our district home page as often as they can for the policies governing our school district, as well as for other pertinent information,” said Dr. Gail Siller, superintendent.

Fort Sam Houston ISD’s Policy Manual is divided into seven sections, each devoted to a separate area of school governance. The seven sections include the following: A - Basic District Foundations, B - Local District Governance, C - Business and Support Services, D – Personnel, E – Instruction, F - Students and G - Community.

Policies are labeled either LEGAL or LOCAL. The LEGAL policies track the language of the U.S. and Texas Constitutions, federal and state statutes, State Board of Education rules, the Texas Administrative Code and other regulations.

Policies designated LOCAL are those that have been approved by the local Fort Sam Houston Board of Trustees and are deemed essential to effective district governance and management and particular to this district. Local policies that are preceded by a LEGAL policy in the same code generally expand on, or qualify, the legally referenced provisions. Other LOCAL policies stand alone, portraying the school board’s stated intentions in areas not otherwise addressed by law.

Fort Sam Houston ISD uses the services of the Texas Association of School Boards to develop and maintain both legal and local policies. TASB is used by more than 90 percent of the school districts in Texas for policy services and staying current with federal and state law, case law, State Board of Education rules and other legal authorities affecting the governance of Texas school districts.

“When reviewing the policies, parents will obtain a complete understanding if they review both LEGAL and LOCAL sections,” Siller said. “If they have questions, they can contact the campuses or district administration office.”

Fort Sam Houston ISD uses technology to connect with parents

The Fort Sam Houston Independent School District is committed to creating meaningful partnerships with parents through effective communication. In addition to traditional means of communication such as telephone messages and face-to-face conferences, the district uses technology to enhance that interaction.

The district’s Web site is a vast collection of resources for both parents and students. Located on the Web at www.fshisd.net, the Web site includes links to Fort Sam Houston Elementary and Robert G. Cole Jr./Sr. High School, as well as vital district-wide information. A calendar of events is updated regularly and important documents can be downloaded from the site as well. On the campus pages, parents and students can access individual teacher pages that contain important class information and, most importantly, weekly lesson plans and daily homework assignments.

Both campuses also offer an online grade book accessed through the district Web site. The Web-based system, called the “Pinnacle Internet Viewer” is a “real-time” accessible grade book. As teachers enter grades into the school’s computer-based grade book program, the Internet viewer is updated automatically. Using a school-issued student ID and password, parents can view their child’s overall grade average as well as scores on individual assignments. This year, both schools will begin entering attendance online as well, and that data will also be available through the online grade book. Students IDs and passwords will be available for pick up during the third week of school.

Additionally, Cole Jr./Sr. High School uses an automated phone messaging system to call homes in the evenings. Using a database created from student information, the school administration can pre-record a voice message and program delivery for the evening hours when parents are more likely to be at home.

Fort Sam ISD participates in school lunch program

The Fort Sam Houston Independent School District has announced its policy for providing free and reduced-price meals for children whose parents qualify under the National School Lunch Program and the School Breakfast Program.

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Parents who meet the eligibility criteria may apply for free and reduced-price meals for their children. The household size and income criteria are used to determine eligibility for free and reduced-price benefits. Children from households whose income is at or below the levels shown are eligible for free or reduced-price meals. Foster children who are the legal responsibility of a welfare agency or court may also be eligible for benefits regardless of the income of the household with whom they reside. Eligibility for the foster child is based on the child’s income.

Application forms will be distributed at the beginning of school to all households, along with a letter informing households of the availability of free and reduced-price meals for their children. Applications are also available at the office of each school. To apply for free and reduced-price meals, households must fill out the application and return it to the school. Applications may be submitted throughout the school year. The information households provide on the application will be used for the purpose of determining eligibility and verification of data. Applications may be verified by the school officials at any time during the school year.

For school officials to determine eligibility for free and reduced-priced benefits, households receiving food stamps or Temporary Assistance for Needy Families only have to list their child’s name and food stamp or TANF case number. An adult household member must sign the application.

Households that do not list a food stamp or TANF case number must list the names of all household members, the

amount and source of the income received by each household member and the Social Security number of the adult household member who signs the application. If the adult who signs the application does not have a Social Security number, the household member must indicate that a Social Security number is not available by writing the word “none,” “no number” or some indication that the person does not have a Social Security number. The application must be signed by an adult household member.

The housing allowance for military personnel living in privatized housing will be permanently excluded from income when determining household eligibility for free and reduced-price meals. Under the provisions of the free and reduced-price meal policy, the food service coordinator will review applications and determine eligibility. Parents or guardians dissatisfied with the ruling of the official may wish to discuss the decision on an informal basis. Parents wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Dr. Gail Siller, Superintendent, Fort Sam Houston ISD, 1902 Winans Road, San Antonio, TX 78234; or call 368-8711.

Eligibility for free and reduced-price meals shall remain in effect beginning on the date of eligibility for the current school year and ending on a date during the subsequent school year. Additionally, if a household member becomes unemployed or if the household size increases, the household should update information with the school. Such changes may make the children of the household eligible for benefits if the household’s income falls at or below the levels shown at right.

For more information, district residents can write to Janet Daniel, director, Food Service Department, 1902 Winans Road, San Antonio, TX 78234; or call 368-8745.

Meals are served every school day. Students in pre-kindergarten through sixth grade can prepay or purchase their meals at the cost of \$1.75 per lunch and 80 cents for breakfast. Students in grades seven to 12 can prepay or purchase their meal at the cost of \$2 per lunch and 90 cents for breakfast.

For more information on the National School Lunch Program, visit the United States Department of Agriculture’s Web site at <http://www.fns.usda.gov/cnd/Lunch/default.htm>.



Family Eligibility Income Chart

The following is the newly revised chart of federal annual income qualifying guidelines for the free and reduced-price meal program:

Household Size	Annual Free	Annual Reduced
1	\$12,740	\$18,130
2	\$17,160	\$24,420
3	\$21,580	\$30,710
4	\$26,000	\$37,000
5	\$30,420	\$43,290
6	\$34,840	\$49,580
7	\$39,260	\$55,870
8	\$43,680	\$62,160
9	\$48,100	\$68,450
10	\$52,520	\$74,740
11	\$56,940	\$81,030
12	\$61,360	\$87,320

For each additional family member add:
+\$4,420 +\$6,290

(Note: In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Health alert: Honey, let’s shrink the kids

Most people have seen the TV news reports or read the newspaper articles — Americans are putting on weight and slacking off on physical activity. The result? America is becoming the land of the large.

About a third of American adults are overweight and 17 percent, or one in six, of American children are growing up to be obese, according to the Centers for Disease Control and Prevention. In fact, the number of overweight or obese children is reaching new record highs. More than twice as many children and almost three times as many teens are overweight compared to 1980, according to the American Heart Association.

The problem is worse in Texas than in other states. According to the CDC, 63 percent of adult Texans were overweight in 2004 — that’s two in three Texans. As for the younger set, more than 35 percent of Texas children are considered overweight or obese, according to the Texas Department of Agriculture. Hispanic boys of all ages and Hispanic and African-American girls of certain ages have higher risk of obesity than children of other ethnicities, University of Texas researchers said.

Why is a little (or a lot of) extra weight a problem for children and teens? Too much weight can trigger dangerous health conditions such as type 2 diabetes, high blood pressure, premature heart disease and sleep disturbance. Additionally, childhood practices can lead to adult difficulties. Seventy-five percent of children obese at age 11 became obese adults, according to a 1980 study.

Then there are the social and psycho-

logical costs. Low self-esteem haunted all of the studies by Baylor College of Medicine researchers. Dr. William Kish, one of those researchers, said 10 percent of the overweight or obese children he saw were depressed. Overweight children reported feelings of social isolation to University of California researchers.

Widening waists are not the only problem. As people have piled on weight, they have also cut back on physical activities that once limited weight gain, from walking more to moving around at work or school.

Fortunately, parents can literally reshape their kids. If a family has grown large together, they can shrink together too.

The following tips can help families reach healthier weights and become more active:

Set the example. Children mimic their parents. If a father refuses to eat broccoli, chances are his kids won’t touch it either. The same is true if the family TV night has become a seven-times-a-week affair. Eat healthier foods and replace couch potato pastimes with physical activities, and children will tend to follow the example. It works even with teens. Parents are the most important people in their children’s lives. Use that powerful influence and living example to help family members treasure good health.

Make better health a family project. A weight control plan is more likely to succeed if it is a whole-family project. Promise to help every member of the family reach and maintain weight within healthy ranges. That way, overweight chil-

dren will not feel singled out. As the entire family moves into positive activities such as wider menu choices and activities done as a group, the family can become closer and healthier.

Find out healthy weight ranges.

That’s right — a person’s healthy weight is not a single, magic number. It’s a range of weights affected by age, gender, height and weight as measured by the Body Mass Index. BMI compares an individual’s weight with those of other people the same age, height and sex. Ranges are classified as underweight, normal, normal weight, overweight and obese. Children’s and adults’ BMIs must be calculated differently. To find out a child’s BMI, visit the Kids Health Web Site at http://kidshealth.org/kid/stay_healthy/weight/bmi.html. To learn the BMI for adults, visit www.nhlbisupport.com/bmi/bmicalc.htm, a Web site of the National Institutes of Health that also is available in Spanish.

Expand menu options and add choices. Quietly expand food choices to introduce healthy changes in a positive way. Adding new fruits and vegetables to the family table lets families set up new eating patterns — and saves parents from bribing, threatening or begging their family to change. Allow children to choose a new vegetable or fruit to try at the grocery store. Stage tastings of new foods laid out like a buffet; now, trying healthy dishes becomes an adventure. Serve two or three vegetables at dinner, which will increase the chance that children will eat some of at least one. Children will love having a choice. And, keep at it. Children usually

need to try a new food several times before they like it, said researchers at the University of Minnesota.

Serve healthy foods in disguise.

Children and teens love a lot of food that can include sneak portions of healthy foods. Think spaghetti sauce, fruit muffins, guacamole, salsa and bean burritos. Slip grated carrot or fresh chopped chilies into a meat loaf or meatballs made of ground turkey. Whip up a batch of oatmeal cookies or a fruit shake of low-fat milk, ice and fresh fruit. Children and teens will eat nutrient-rich dishes when they’re leaner variations of familiar favorites.

Slow down at meals. People need time to realize they’re full — about 20 minutes on average. Encourage families to slow down their eating and their bodies will be satisfied with less food. Even swallowing before taking a next bite can limit the amount of food eaten. When people reduce portions and eat slowly, they trim calories from meals.

Activate family time. With many families juggling demanding schedules, time spent as a family can become a premium. When spending time together, stay active by going for a walk after dinner, train for a fun run, ride bikes, dance, play tag or ball, or go for a hike. It’s another way to make weight control and better health a family affair.

Parents have a powerful role in leading their family to better health. It doesn’t have to be so hard to “shrink” the kids. (Source: Insight for Parents, Texas Association of School Boards)

School outlines student admission policies

Fort Sam Houston and Camp Bullis comprise the Fort Sam Houston Independent School District. Children of military personnel residing on these installations are eligible to attend pre-kindergarten through grade 12. Fort Sam Houston Elementary School, located at 3370 Nursery Road, serves kindergarten through grade six and Robert G. Cole Jr./Sr. High School, located at 1900 Winans Road, serves grades seven through 12.

The Fort Sam Houston ISD is a Texas public school district and adheres to all federal and state laws, including the Texas Education Code. It is not a part of the Department of Defense school system.

By law, the district requires evidence that a student is eligible to attend its schools at the time of admission and that all residency requirements have been met. Non-resident students are permitted to attend Fort Sam Houston ISD schools through approved transfers. Students who meet the criteria for transfer approval can attend district schools tuition-free.

The following categories of students are considered for transfer:

- Students whose parents are assigned to Fort Sam Houston and have certification that housing is available during the school year for which transfer is requested.
- Students who were resident students in

the district, who have moved off post, and whose parents remain on active duty.

- Students who were resident students in the district, have moved off post and whose parents have retired from active duty.
- Students whose parents are active duty military personnel assigned to the Fort Sam Houston installation and are not seeking certification for installation housing.
- Children of district employees.

For Fort Sam Houston families who have not been assigned quarters on the installation by Aug. 14, the first day of school for the 2006-2007 school year, eligibility for students to attend district schools must be established. To do this, contact the installation housing office for an Admission Request Form. The housing office delivers this completed form to district personnel. A current “anticipated move-in date” no later than May 31, 2007 must be included in order for children to attend a Fort Sam Houston ISD school. Additionally, a new transfer application form, which may be obtained from either campus, must be completed as well prior to enrollment.

For more information, visit the Fort Sam Houston ISD Web site at www.fshisd.net or call Kathy Hayson at 368-8701.



Photo by Lionel Lowery III

Getting up to speed

Donna Dryden familiarizes teachers from Cole Jr./Sr. High School with the latest technology prior to the start of school. Teachers have a variety of computer-based tools at their disposal, such as an online grade book that can be viewed “real time” by parents and an online attendance database.

Students need immunizations for school attendance

The minimum state vaccine requirements to enroll at Fort Sam Houston Independent School District are as follows:

PCV7 (Pneumonia) (for pre-kindergarten):

- One dose after 12 months, if received three doses before 12 months
 - Two doses after 24 months, with one dose between 12 months and 23 months
- DTP (Diphtheria, Tetanus and Pertussis):**

- Students 6 years old and younger require at least four doses of DTP, DT, DTap or Td with at least one dose on or after the fourth birthday
- Students 7 years old and older require at least three doses of DTP, DT, DTap or Td with at least one dose on or after the fourth birthday and within the last 10 years

Polio:

- All students require at least three doses of polio with at least one dose after the fourth birthday
- The polio vaccine is not required for people 18 years old and older

MMR (Measles, Mumps, Rubella):

- Students under age 5 require one dose of MMR on or after the first birthday
- Students age 5 and older or who enter kindergarten require two doses of MMR with the first dose received on or after the first birthday and the second dose by age 5 or entry into kindergarten

Hepatitis A:

- Students in grades kindergarten through three require two doses of Hepatitis A given on or after the second birthday

Hepatitis B:

- For the 2006-2007 school year, students in grades kindergarten through 12 require three doses of Hepatitis B

Hib (Haemophilus Influenzae Type B):

- At least one dose for students 15 months through 4 years old

Varicella (Chicken Pox):

- For the 2006-2007 school year, students in grades kindergarten through 12 require one dose on or after the first birthday
- Two doses are required if the child was 13 years old or older at the time the first dose of varicella vaccine was received

The Texas Administrative Code, § 97.63 and The Texas Register, available online at www.ImmunizeTexas.com, detail the required vaccinations. For more information, visit <http://www.dshs.state.tx.us/immunize/docs/school/6-14.pdf>.

All children must be fully vaccinated before enrolling in school. Children whose health may be at risk or who object for religious reasons may contact Fort Sam Houston Elementary School at 368-8800 or Patty Schiefer at the Brooke Army Medical Center Pediatric Immunization Clinic at 916-5791. Fast-track immunization appointments will be taken for the next three Fridays; call for appointments.

School improvement

Jesse Alvarado, Robert G. Cole Jr./Sr. High School custodian, repairs student lockers in the junior high wing. School employees are busy preparing the school campus for the first day of school.



Photo by Janet Bolin

Sales tax holiday set for this weekend

For the eighth year, Texas shoppers will get a break from state and local sales taxes. The holiday for clothing and footwear begins at 12:01 a.m. Friday and ends at midnight Sunday. The holiday exempts most clothing and footwear priced under \$100 from sales and use taxes, which saves shoppers about \$8 on every \$100 they spend.

Information to remember about the sales tax holiday:

- The tax holiday occurs every year on the first Friday, Saturday and Sunday of August. Qualifying items are exempt from state and local sales taxes.
- Most clothing and footwear priced at less than \$100 will be exempt from sales tax. Customers will receive the break on individual items, regardless of the total amount they buy. For example, sales tax is not due if a customer buys six shirts each priced at \$99.99. But full tax is due on a shirt sold for \$100; the first \$99.99 cannot be exempted.

- Clothing and footwear used primarily for athletic activities or for protective wear are not eligible for the exemption. Customers buying golf cleats or football pads, for instance, must pay sales tax. Athletic wear that is also used for participation in other non-athletic activities can qualify for tax exemption. For example, tennis shoes, baseball caps and jogging suits are worn during everyday activities and thus may be purchased tax-free during the holiday.

- Also excluded from the sales tax holiday are accessories such as jewelry and watches; items that are carried rather than worn, including handbags, briefcases and wallets; clothing rentals, such as formal wear and costumes; and repairs and alterations.

For more information, visit <http://www.window.state.tx.us>, and go to Sales Tax Holiday, or call 1-800-252-5555.



Photo by Lionel Lowery III

Sgt. Carina Clark and her daughter, Elana, who will start kindergarten Aug. 14, search for school supplies. While the Post Exchange is tax-free every day, shoppers can enjoy that benefit at other retail stores this weekend.

School announces statewide testing schedule

The Texas Student Assessment Program includes tests that are designed to accurately measure student learning. The program is aligned with the No Child Left Behind Act of 2001. The following assessments are provided to students in Texas, as appropriate:

TAKS

The Texas Assessment of Knowledge and Skills measures the statewide curriculum in reading for grades three to nine; in writing for grades four and seven; in English language arts for grades 10 and 11; in mathematics for grades three to 11; in science for grades five, 10 and 11; and social studies for grades eight, 10 and 11. The Spanish TAKS is administered at grades three to six. Students must meet the TAKS passing standard in reading at grade three and reading and math in grade five to be promoted to the next grade level. Students must meet the TAKS passing standard at the exit level (grade 11) in English language arts, mathematics, science and social studies as a prerequisite for a high school diploma. In 2007-2008, students in grade eight must meet the TAKS passing standard in reading and mathematics to be promoted to the ninth grade.

SDAA II

The State Developed Alternate Assessment is designed for students who receive special education services and for whom TAKS, even with allowable accommodations, is not appropriate, as determined by the student’s admission, review and dismissal committee. Students who take SDAA II must be enrolled in grades three to 10 and be receiving instruction in the Texas Essential Knowledge and Skills in reading, mathematics, writing or English language arts.

TAKS-I

TAKS-Inclusive is designed to meet the Individuals with Disabilities Education Improvement Act of 2004 requirements for subjects and grade levels that are currently assessed with TAKS, but not with SDAA II. It will measure the academic progress of students receiving special education services in science in grades five, eight, 10 and exit level (grade 11); in social studies in grades eight, 10 and exit level; and in mathematics and English language arts at exit level.

TELPAS

The Texas Education Agency developed the Texas English Language Proficiency Assessment System, which includes the Reading Proficiency Test in English and the Texas Observation Protocols, to fulfill the English language proficiency testing requirements of the No Child Left Behind Act of 2001. RPTE and TOP are the basis for reporting the TELPAS English language proficiency ratings of limited English proficient students in kindergarten through grade 12.

The RPTE is designed to measure annual growth in the English reading proficiency of second language learners, and is used along with English and Spanish TAKS to provide a comprehensive assessment system for LEP students. LEP students in grades three to 12 are required to take the RPTE until they achieve a rating of advanced high.

The TOP are used to measure the domains of listening, speaking, reading and writing in kindergarten through second grade, while listening, speaking and writing are measured in grades three to 12. Observation protocols allow teachers to holistically rate each LEP student’s English language proficiency based on classroom observations and daily interactions with the student.

For more information on assessments and the state-mandated curriculum, Texas Knowledge and Skills, visit the Texas Education Agency Web site at www.tea.state.tx.us

Testing dates for 2006-2007 school year			
Test Date	TAKS	SDAA II & TAKS-I	TAAS
2006 Oct. 17 Oct. 18 Oct. 19 Oct. 20	Retests: Exit level (grade 11) English language arts (ELA) Exit level mathematics Exit level science Exit level social studies		Retests: Exit level writing Exit level math Exit level reading
2007 Jan. 22 to Feb. 2	Field tests: Grade four writing Grade seven writing Grade nine reading Grade 10 ELA Exit level ELA		
Feb. 20	Grade three reading Grade four writing Grade five reading Grade seven writing Grade nine reading Grade 10 ELA Exit level ELA Exit level ELA (retest)	SDAA II: Enrolled grade four: writing levels kindergarten/one, two, three/four Enrolled grade seven: writing levels kindergarten/one, two, three/four, five, six/seven Enrolled grade 10: writing levels kindergarten/one, two, three/four, five, six/seven, eight/nine Enrolled grade 10 ELA: level 10 TAKS-I: Exit level ELA	Exit level writing (retest)
Feb. 21	Exit level mathematics (Retest)	SDAA II enrolled grade nine: reading level nine SDAA II enrolled grade 10: reading level nine	Exit level mathematics (retest)
Feb. 22	Exit level science (retest) Make-up session for grade 10 ELA	Make-up session for SDAA II enrolled grade 10 ELA: levels nine, 10 reading and writing	Exit level reading (retest)
Feb. 23	Exit level social studies (retest)		
March 5 to 30	Texas English Language Proficiency Assessment System - includes Reading Proficiency Tests in English and Texas English Language Proficiency Observation Protocols (TOP) RPTE II online field tests		
April 3	Grade five mathematics		
April 17	Grades three to four mathematics Grades six to eight and 10 mathematics Exit level ELA (retest)	SDAA II enrolled grades three to 10 mathematics: levels kindergarten to 10	Exit level writing (retest)
April 18	Grade four reading Grades six to eight reading Exit level mathematics Grade three reading (retest) Grade five reading (retest) Exit level mathematics (retest)	SDAA II enrolled grades three to 10 reading: levels kindergarten to eight TAKS-I: exit level mathematics	Exit level mathematics
April 19	Grade five science Grade eight science Grade nine mathematics Grade 10 science Exit level science Exit level science (retest)	TAKS-I: Grade five science Grade eight science Grade 10 science Exit level science	Exit level reading (retest)
April 20	Grade eight social studies Grade 10 social studies Exit level social studies Exit level social studies (retest)	TAKS-I: Grade eight social studies Grade 10 social studies Exit level social studies	
May 15	Grade five mathematics (retest)		
June 26	Grade five mathematics (retest)		
June 27	Grade three reading (retest) Grade five reading (retest)		
July 10	Exit level ELA (retest)		
July 11	Exit level mathematics (retest)		
July 12	Exit level science (retest)		
July 13	Exit level social studies (retest)		



Photo by Dr. Gloria Davila

Paper work

Linda Reed, Fort Sam Houston Elementary counselor, receives registration documents from Jose Argueta, father of Alec, a second grader. Counselors, nurses, administrators and support staff have been registering students for the new school year.

District clarifies admissions policies

Students who meet eligibility requirements for enrollment in the Fort Sam Houston Independent School District shall follow district policies for admissions, according to Policy FD (LEGAL). In addition, the school district, participating in the Foundation School Program, follows the eligibility requirements set forth in the Public Education Information Management System.

A child must be enrolled by the child’s parent, guardian or other person with legal control under a court order. The district will record the name, address and date of birth of the person enrolling the child, according to Education Code 25.002(f).

A student must be identified by the student’s legal surname as it appears on the student’s birth certificate or other document suitable as proof of the student’s identity, or in a court order changing the student’ name, according to Education Code 25.0021.

Required documentation

If a parent or other person with legal control of a child enrolls the child in a district school, the parent or the other person, or the school district in which the child most recently attended school, shall furnish to the district all of the following:

1. The child’s birth certificate, or another document suitable as proof of the child’s identity as identified by the

Commissioner of Education in the Student Attendance Accounting Handbook. (See “Proof of identification”)

2. A copy of the child’s records from the school the child most recently attended if previously enrolled in a school in Texas or in another state.

3. A record showing that the child has the immunizations required by Education Code 38.001, proof that the child is not required to be immunized, or proof that the child is entitled to provisional admission, according to the FFAB.

Students will not be denied enrollment or be removed solely because they fail to provide the documentation required in items 1 and 2.

For more information, reference Education Code 25.002(a); 19 TAC 129.I(a),(b).

Fort Sam Houston Independent School District’s local policy indicates that appropriate registration forms shall be completed annually and signed by the student’s parent, legal guardian or other person having lawful control. Students who have reached age 18 shall be permitted to complete and sign these forms themselves.

The following sites link to district policies and PEIMS standards manuals:

<http://www.tea.state.tx.us/school.finance/handbook/index.html>

<http://www.tea.state.tx.us/peims/standards/index.html>

[http://www.tasb.org/policy/pol/private/015914/pol.cfm?DisplayPage=FD\(LEGAL\).html](http://www.tasb.org/policy/pol/private/015914/pol.cfm?DisplayPage=FD(LEGAL).html)

District policies also can be found at www.fshisd.net.

Any of the following documents are considered acceptable for proof of identification, according to the 2006-2007 Student Attendance Accounting Handbook:

- Birth certificate
- Driver’s license
- Passport
- School ID card, records or report card
- Military ID
- Hospital birth record
- Adoption records
- Church baptismal record
- Any other legal document that establishes identity

In addition to the above documents, Fort Sam Houston ISD also requests a copy of each student’s Social Security card. The PEIMS Data Standards for 2006-2007 defines the student ID as the student’s Social Security number. The data standards further state that the district should request the student’s SSN. If a SSN is not provided, the district must assign the student a state-approved alternative student ID number.

‘Cougar Roundup’ scheduled for Aug. 11

To help students prepare for the first day of school, Cole Jr./Sr. High School will hold its second annual “Cougar Roundup” Aug. 11. At the “Cougar Roundup,” students will pick up copies of their schedules, be issued required textbooks and textbook covers and receive their locker assignments. Students are encouraged to bring any supplies they have purchased over the summer to put in their lockers. Cafeteria staff will also be on hand to accept money for student meal accounts.

By issuing students their books and lockers, Cole hopes to lighten the amount of administrative activities that take place the first day of school. It will also give students a chance to “ease” back into the school setting after a long and restful summer break. Last year’s “Cougar Roundup” proved to be successful and Cole staff hopes to see more students and parents attend this year.

Students should adhere to following schedule:

Students with last names A to G	8 to 10 a.m.
Students with last names H to L	10 a.m. to 12 p.m.
Students with last names M to R	12 to 2 p.m.
Students with last names S to Z	2 to 4 p.m.

If students cannot attend during their scheduled time, they are free to come at any time slot later in the day. Parent volunteers are needed to help with the event. To volunteer, call Tammy Sees, Cougar Pride Club president, at 281-9799.

Cole welcomes new staff

Students at Cole Jr./Sr. High School will meet and interact with six new staff members in 2006-2007.

“We are very excited to welcome these new staff members,” said Dr. Roland Rios, Cole principal. “They come to Cole with a variety of backgrounds and experiences and are excited about joining the Fort Sam Houston community.”

Mary Scibetta will be the new seventh grade math teacher. Scibetta earned both her bachelor of science (1994) and her master of education (1996) from Texas A&M University at College Station. She has been certified to teach mathematics by the Texas State Board for Educator Certification. She moved to San Antonio in December 2005 and taught at Kirby Middle School in the Judson Independent School District in the spring semester. Previously, she taught seventh grade math for seven years in Alabama.

Chong Johnson will be teaching Pre-AP Algebra II and the Block Algebra I and Geometry classes. Johnson earned her bachelor of science in 1999 from the University of Texas at San Antonio and is certified in mathematics through the Texas State Board of Educator Certification. She has taught in Northside ISD and San Antonio ISD, and most recently at Fox Tech High School for the past six years.

Louis Sifuentes will be teaching the higher level math courses for 2006-2007. Sifuentes received his bachelor of science in mathematics

from the University of Texas at San Antonio in 1988 and is certified by the Texas State Board for Educator Certification. He has taught in Edgewood ISD and Northside ISD at the Excel Academy, and most recently at the Science and Math Academy at John Jay High School.

Karl Johansen will serve as the new multimedia and computer science teacher. Johansen earned his master of science in 2004 from Capitol College in Maryland and is certified in technology applications through the Texas State Board for Educator Certification. He previously taught multimedia courses at Poteet High School.

Angela Knight joins the Cole special education department for 2006-2007. Knight earned her bachelor of science in 1983 from Tennessee State University. She has since fulfilled the requirements for certification in generic special education through the Texas State Board for Educator Certification. She will be teaching resource math and English. She previously was at Frontiers Charter School in San Antonio.

Cole welcomes **Anne Grau**, certified registered nurse, as the new school nurse. Grau earned her bachelor of science degree in nursing in 1988 from Thomas Jefferson University in Pennsylvania and is certified by the Texas Board of Nurse Examiners. She previously served as the school nurse for Holy Spirit Catholic School in San Antonio.

Football prep



Photo by Dr. Gloria Davila

Assistant Cole football coaches (from left) Darrell Kurek, Howard Baer and Eric Boehme lead “Football Conditioning Camp” to prepare athletes for the 2006-2007 season.

Cole Cougars

Varsity Football Schedule 2006				Junior Varsity Football Schedule 2006			
Date	Opponent	Site	Time	Date	Opponent	Site	Time
Aug. 19**	Marion	Away	9 and 10 a.m.	Aug. 31	S.A.C.	Home	6 p.m.
Aug. 24**	Poth	Home	6 and 7 p.m.	Sept. 7	St. Anthony	Away	5 p.m.
Sept. 1	S.A.C.	Away	7:30 p.m.	Sept. 14	Randolph	Away	6 p.m.
Sept. 8	St. Anthony	Home	7:30 p.m.	Sept. 21	Navarro	Away	7:30 p.m.
Sept. 15	Randolph	Home	7:30 p.m.	Sept. 28	Center Point	Home	6 p.m.
Sept. 22	Navarro	Home	7:30 p.m.	Oct. 5	Open		
Sept. 29	Center Point	Away	7:30 p.m.	Oct. 12	Dilley	Home	6 p.m.
Oct. 6	Open			Oct. 19	Jourdanton	Away	7:30 p.m.
Oct. 13*	Dilley	Away	7:30 p.m.	Oct. 26	Cotulla	Home	6 p.m.
Oct. 20*	Jourdanton	Home	7:30 p.m.	Nov. 2	Open		
Oct. 27	Cotulla	Away	7:30 p.m.	Nov. 9	Natalia	Away	7:30 p.m.
Nov. 3	District – Open		7:30 p.m.				
Nov. 10*	Natalia	Home	7:30 p.m.				
* District game							
** Scrimmage							

2006 Combat Medic Fest

The 2006 Combat Medic Fest will be held Oct. 21 from 7:15 a.m. to 6 p.m. at the MacArthur Parade Field. The Combat Medic Run will kick off the day-long festivities and includes a 5K, 10K and 10 meter run or walk. Other activities includes a parade, arts and crafts fair, live entertainment, games, contests and children’s activities. For the first time, the festival will include a barbecue cook-off, “Funniest Soldier on Post” competition and a dance contest. Additionally, the Directorate of Morale, Welfare and Recreation is seeking food and arts and crafts vendors and participants to enter into the parade and barbecue cook-off. To register as an arts and crafts or food vendor, call 221-5225. To participate in the “Funniest Soldier on Post” contest, call John Rodriguez at 221-1234. For more information on event activities, call 221-3003. The Combat Medic Fest is sponsored by DeVry University, First Command Financial Planning and Hotel Marquis Airport.

COMMUNITY RECREATION

Post garage sale

The next post garage sale will be held Saturday from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register by calling 221-2601 or 221-2523. A valid Department of Defense ID card is required to participate. Participants must bring their own tables or may rent them from the Outdoor Equipment Center by calling 221-5224.

American Indian story time

Listen to retired Sgt. David Steele, a local Native American storyteller, as he shares tales of Lakota, Winnebago and other Plains tribes Aug. 11 at 3 p.m. at the Fort Sam Houston Library. For more information, call 221-4702 or 221-4387.

Family camping weekend

Experience a weekend of family camping Aug. 11 to 13 at the Fort Sam Houston RV Park. The weekend getaway gives military families an understanding of recreational vehicle camping whether they stay for the entire weekend or just a few hours. Demonstrations, activities, crafts, games and a bouncy castle will be available Friday evening to Sunday morning at no charge to participants. Cost for self-service camping option is \$16 per night if patrons use their own RV or \$8 per night if patrons bring and sleep in their own tent. Cost for full-service camping option is \$100 for the weekend if patrons stay in one of the RV park’s 22-foot Mallard travel trailers (limited number available). Make reservations for the family camping weekend by signing up at the RV

park at 3820 W.W. White Road or call 221-5502. Register by Friday. Well-behaved dogs are welcome. This event is sponsored by the Fort Sam Houston Outdoor Recreation Center and Texas Fiesta Campers.

Fort Sam Houston 10-miler #2

The date for the Fort Sam Houston 10-Miler #2 has been changed to Aug. 13 at 7:30 a.m. at the Brigade Gym. To pre-register, visit <http://www.runawayclub.com/>. For more information, call Will Lloyd or Lucian Kimble at 221-2020 or 221-1234.

New hours at outdoor pool

Effective Aug. 14, the Aquatic Center’s hours of operation will be Monday through Friday 11 a.m. to 1 p.m. for lap swimming only, at no charge, and 4 to 8 p.m. for open swimming. The slides will be closed to the public. On weekends and holidays, the pool will be fully operational with slides and deep end swimming open to patrons from 12 to 8 p.m. Lap swimming is free. All other services are subject to a \$2 admission charge. For more information, call 221-4887.

Aerobathon

Two hours of nonstop aerobics will be held Aug. 15 from 5 to 7 p.m. at the Jimmy Brought Fitness Center. Registration fee is \$10. For more information or to register, call Lucian Kimble at 221-2020 or 221-1234.

Outdoor X-posure tubing trip

Experience the Texas tubing tradition at its best with Outdoor Recreation down the Comal River. The trip will be held Aug. 19 from 9 a.m. to 5 p.m. Space is limited, sign up by Aug. 12. Cost is \$25 per person and includes transportation, lunch, tube and a photo CD. For more information, call 221-5225.

Special on barbecue grills, smokers

Through Aug. 31, barbecue grills and smokers rented at the Outdoor Recreation Center will include any size ice chest (50 to 150 quart size) and two 10-pound bags of ice at no extra charge. Rental fee for grills and smokers is \$15 per day or \$23 per weekend. They require a two-inch ball hitch and four-way flat light hookup. Outdoor Recreation has a large inventory of outdoor toys and tools available at low rates. For more information or to reserve a grill or smoker, call 221-5225 or 221-5224.

AC service

Air conditioning service is available at the Fort Sam Houston Auto Craft Center. The Auto Craft Center has a certified ac technician on staff with 30 years of experience. The cost is \$30 for ac service. Freon, oil and environmental fees are extra. Pick up a coupon for \$5 off ac service from various MWR facilities or from the Auto Craft Shop’s Web page at www.fortsamhouston-mwr.com. Appointments are not needed. For more information, call 221-3962.

DINING AND ENTERTAINMENT

Sam Houston Club, 224-2721

Family-style Sunday brunch

Brunch is held the first and third Sunday of each month from 10 a.m. to 1:30 p.m. The next brunch will be held Sunday and will feature a kids’ meal station, chocolate fondue station, complimentary champagne and international food station. The cost is \$13.95 for nonmembers, \$11.95 for members and \$7.95 for children 6 to 11 years old. Children 5 years old and under eat free. For more information, call 224-2721.

Super TGIF

Join us at Super TGIF for a “Taste of the Islands” Aug. 18 at 5 p.m. at Sam’s Sports Bar inside the Sam Houston Club. Sample free Caribbean food, live entertainment and drink specials. For more information, call 224-2721.

Big Bucks Bingo

Big Bucks Bingo will be held Saturday with a guaranteed pool of \$10,300 prize money. Early bird start is 10:30 a.m. Buy packs early to be eligible for door prizes. For more information, call 224-2721.

Club membership benefits

Become a member of the Sam Houston Club and receive special benefits such as the first month of membership is free. Members also receive a benefits card that gives them the chance to get free items such as Sunday brunch, weekday lunch, bowling games, a bingo package and dinner theater show from various MWR activities. Club members can select one of the complimentary services after utilizing or participating in ten paid activities at the Sam Houston Club. For more information, call the Sam Houston Club at 224-2721.

Bowling Center, 221-3683

‘Have a Ball’ open house

Bring the family to the Fort Sam Houston Bowling Center Aug. 25 from 5 to 9 p.m. for free bowling. Bowl to the rhythm of music and mesmerizing lights from newly installed bumpers and gutters. Customers who bowl a strike during the fifth and ninth frames will receive a free MWR T-shirt (while supplies last). For more information, call 221-3683. The event is sponsored by First Command Financial Planning and Home Depot.

New bumpers and gutters

Bumpers and gutters are now installed at the bowling center. Now bowling novices can enjoy playing alongside experienced bowlers and not be intimidated. Bumpers can retract depending on each player’s level of experience and have flashing lights that glow in the dark. It is the perfect addition to bowling parties for kids. For more information, call 221-3683.

Family-fun bowling every Friday night

Bring the whole family out to bowl on Friday nights this summer. The Family Rent-A-Lane special is every Friday from 5 to 8:45 p.m. through Sept. 1 at the bowling center. Cost is \$20 per lane, which includes unlimited bowling and shoe

rentals. The offer is available to groups up to eight people. Smaller groups and individual bowlers can still enjoy \$5.95 unlimited bowling nights every Friday from 9 p.m. to 12 a.m. For more information, call 221-3683.

Bowl-a-Jam

Bowl to the sounds of great music. Bowl-A-Jam is every Saturday from 7 to 10 p.m. at the bowling center. The cost is \$8 and includes shoes and one order of fries per lane. For more information, call 221-3683.

Golf Club, 221-4388

Warriors Monthly Scramble

Register up to four players to participate in the Warriors Monthly Scramble. The scramble is held the first Wednesday of each month at the Golf Club. Shotgun start time is at 1:30 p.m. Entry fee is \$20 per person and includes cart rental, prizes and social following scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club’s Pro Shop, or for more information, call 222-9386.

Labor Day golf tournament

Swing into action at the Labor Day Golf Tournament Sept. 4 at 1 p.m. at the Fort Sam Houston Golf Course. Cost is \$35 for members and \$55 for nonmembers. Price includes tournament play, cart rental, prizes and awards banquet that follows the conclusion of the event. This is a two-person scramble. To register or for more information, call the pro shop at 222-9386.

Junior golf lessons

Junior golf lessons are scheduled for every Saturday from 9 to 10 a.m. at the Golf Course. Junior lessons are available for youth 7 to 16 years old of any level of experience. The cost is \$7. For more information or to register, call 355-5429.

Harlequin Dinner Theatre

The latest Neil Simon comedy, “London Suite,” will play at the Harlequin Dinner Theatre through Aug. 19. Performance tickets are \$23.95 Wednesdays and Thursdays and \$26.95 Fridays and Saturdays. Military discounts are available. For more information or to make reservations, call 222-9694.

MWR ticket office

Tickets for the San Antonio Speedway are on sale at the MWR ticket office. The cost is \$6 per person. Racing season ends Oct. 21. The ticket office is open through August with extended hours Tuesday through Friday from 10 a.m. to 5 p.m. and Saturdays from 10 a.m. to 2 p.m. For more information, call 226-1663 or 224-2721.

Seeking Military Idol performers

The 2006 Military Idol will be held Sept. 14 at the Hacienda Recreation Center. The winner will move on to represent Fort Sam Houston at the Army level of the competition in search of the coveted distinction of U.S. Army “Military Idol.” For more information or if interested in participating, call Ben Paniagua at 224-7250.

CHILD AND YOUTH SERVICES

Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician’s signature affixed, child’s Social Security number and proof of total family income, such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Before and after school registration

Register youth for the before and after school program for middle school and open recreation. Participants must have a Child and Youth Services membership. To register for membership, patrons will need to provide a leave and earnings statement or pay stub, two local emergency designees, \$18 registration fee and youth’s Social Security number.

Coaches needed for soccer, football, cheerleading

The Child and Youth Services Sports Program is recruiting volunteer coaches for soccer, football and cheerleading. All volunteer coaches are required to undergo a background check. For volunteer information, call Central Registration at 221-4871 or 221-1723. For more information, call 221-4882 or 221-3502.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Aug. 15 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Family Advocacy will provide a

workshop on child abuse prevention. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff and learn of upcoming events and parent education opportunities.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail to **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



For Sale: Man’s bowling ball, \$5; Broyhill wood dining table with extension, \$75; corner TV stand, \$70; small rocker, \$15; walking stroller, \$10. Call 656-7840.
For Sale: 2001 Nissan Quest GLE, 69K miles, excellent condition, fully loaded, \$9,999. Call David or Joanne at 830-624-8885.
For Sale: Electric hospital bed and adjustable hospital tray on rollers, \$300 obo. Call 382-1800.
Moving Sale: Washer and dryer; sofa, coffee tables, walnut dining room set and china cabinet with lights, glass doors. Call 656-6772.
For Sale: Sharp fax machine, model UX-500, \$50; Wilson Hyperhammer 6.2 oversize tennis racket, strung, \$40. Call Eva at 385-0415.
For Sale: Kitchen table, 47-inch round with four chairs, wood with wrought iron

accent, \$150. Call 545-2557.
For Sale: One Goodyear Eagle-RH (RWL) tire, size P225/70-15, \$45 obo; two Cherry Bomb mufflers, 2.5-inch inlet with 2-inch outlet, \$25 for pair. Call 221-1020 days or 494-8401 evenings.
For Sale: Cherry wood dinette set with six chairs, two-piece cherry wood china cabinet, \$1,200; Cherry wood coffee and two end tables, \$400 or all pieces for \$1,500; 1987 Nissan Maxima, four-door, good starter vehicle, \$800. Call Lupe at 527-8553 or 650-4973.
For Sale: 2005 Heritage travel trailer, 36-foot custom order with upgrades, triple axles, two super slides, garden tub, washer and dryer, ceiling fan, excellent condition, \$19,990. Call 688-7700.
For Sale: Front and rear bumpers, hood and tailgate for a 1978 to 1981 El Camino.

Call 333-0821 or 386-8265 5 to 9 p.m.
For Sale: 1998 Toyota Tacoma Pre-Runner, six-cylinder, automatic transmission, ac, cruise control, CD stereo, power windows and locks, running boards, camper shell, 88,000 miles, \$9,300. Call 262-5493 or 566-2169 after 6 p.m.
For Sale: Male boxer, about one year old, brindle and female boxer, about seven to eight months old, both are house broken, very loving, must sell, \$300 each obo. Call 277-7823 or 669-0460.
For Sale: 1994 Volvo station wagon, \$5,000. Call 655-9682.
For Sale: Dryer GE extra large capacity, \$175; washer Kenmore extra capacity, \$200 or \$375 for both. Must sell. Call 229-1722 or 787-379-2816.
For Sale: Queen size mattress with box

spring, \$45; Craftsman 36-inch lawn aerator attachment for lawn tractor, new, \$75. Call 221-2509 or 218-2975.
For Sale: GE refrigerator, 26.3 cubic feet, icemaker, great condition, \$395; Sunbeam 10 cup coffee maker, \$8; five-piece dinette set, glass top, \$99; queen size mattress, \$38; Craftsman electric blower, \$25. Call Sandy at 241-1291.
For Sale: Vacuum cleaner attachments for a Kirby G4, like new, \$125 obo. Call 563-6195
Free: Trampoline, good condition. Call 404-0537.
Free To Good Home: Female black lab, 17 months old, house broken, trained and an indoor dog. Call 295-4989 or 313-6792.
Wanted: Palm Pilot handset 505 or 515. Call 725-9682 or 655-9682.